



Swan Hill & Kerang KOORI NEWS

Spring 2023



From the CEO

**A united community
is a strong community.**

Together, our staff, the board and you, our members, are on a journey to ensure MDAS is the Organisation our community needs. Meaningful change takes time, but we have a plan to move forward and there has been progress. And it is progress we should all be proud of.

Over the last six months we have seen more community members re-engaging with MDAS, some after an absence of many years. They are seeing the positive change and want to be part of it. Our Swan Hill and Kerang Elders' groups are growing, more people are reaching out for support from our health, family, and community services and in Swan Hill, we are seeing more of our young people connecting with community and each other, through our youth programs.

We are also seeing our staffing numbers increase as we attract new employees, and former staff return to MDAS, confident in the new direction and wanting to be part of

the story. We offer career pathways for our community and through our traineeships and professional development, we are giving our young people hope and opportunity for a better future. These young people are an important part of our MDAS family, and of your family too. They come to work each day dedicated to supporting their community to be strong, healthy, and connected.

I am proud to say that as a result of our strong partnership with the Swan Hill Hospital, we now have three G.Ps caring for the health needs of our community and we also have a new Practice Nurse supporting the Clinic. We will continue to invest in the recruitment and professional development of Aboriginal Health Practitioners to further strengthen the health services we can offer.

As the sun finally comes out, we have a lot to look forward to, including our NAIDOC Ball. We hope you all join us in celebrating our culture, heritage, and future.

Thank you for your ongoing support. Stay safe, stay deadly and be kind.



CONTENTS

- CEO Message.....1
- In The Community.....2-3
- Referendum.....4-5
- Meet a member of the team.....6
- What's on at MDAS.....7
- What's on Swan Hill/Kerang.....8



**Stay tuned for
details about
NAIDOC ticket
sales**

IN THE COMMUNITY



WELCOME BABY TO COUNTRY

To mark National Aboriginal and Torres Strait Islander Day, the Swan Hill Early Years team held a Welcome Baby to Country ceremony as a way of celebrating an infant's birth and acknowledging their connection to the traditional lands on which they were born.

It was a special day that was meaningful to families and the community. Aunty Vicki Clarke performed a Welcome to Country and spoke of the importance of cultural connection. She then marked each baby's face with oil and ochre and presented them with a Certificate. The young ones also had a role to play – drawing a line in the dirt – a symbolic act that connected them to their Country.

After the ceremony, our youth group and playgroup performed a hunting and gathering dance and a Welcome Baby to Country.



PLAYGROUP - BOOK WEEK

It was cuteness overload when children came to MDAS, dressed up as their favourite character, for a special book-themed playgroup to celebrate Book Week in August.



We had superheroes and princesses and even a particularly cute and cuddly teddy bear. Little people and their families were kept busy playing, making friends, and enjoying story time.



SWAN HILL SWIMMING LESSONS

Teaching our young people to swim isn't just about fitness – it could save a life.

MDAS recently hosted swimming sessions to help our young children develop the skills they need to be safer in, and near, the water.

Over five weeks, the children learnt about water-safety and practiced floating, blowing bubbles, and using their arms and legs to move through the water. The sessions were held at the local Swan Hill pool and both the children, and their carers enjoyed the water play and the connections they were able to build with each other and with the group.



FORMER BOARD MEMBER PEARL IS KOORI STUDENT OF THE YEAR

We would like to congratulate community member, and valued former board member, Pearl Dunn, for being named Koorie Student of the Year at the recent Victorian Training Awards.

The Training Awards acknowledge the achievements of people, including students, within the Victorian TAFE and training sector.

Pearl, who just has completed her Nursing Diploma with SuniTAFE, was one of three finalists in her category and she was recognised for her academic results, professionalism and respectful approach.

Her studies were not without challenges – she had to manage some family hardships – but she didn't give up. Her high results speak of her determination. Since graduating, Pearl has accepted a position at Kerang District Health, and we wish her every success with her career. Our community is all the better for Pearl's contribution.



SWAN HILL AND MILDURA ELDERS COME TOGETHER

In July MDAS hosted an Elders Day on Country. It was a special day that gave our Elders in Swan Hill and Mildura a chance to come together and yarn about what it means to be an Elder in our communities and to build connections. There were lots of interesting conversations, especially around ideas for how the Elders can contribute to their community, with a particular focus on supporting our youth. They also yarned about the services that they would like to see MDAS offering, beyond those we already have. It was great to see such a generous sharing of ideas, and everyone agreed that they would like to meet regularly.



Upcoming MDAS Events

- **Child Health Day - Early Years**
Swan Hill
Wednesday 2nd October
1:00am - 2:00pm
- **World Diabetes Day - MDAS Health**
Swan Hill
(Kerang community members welcome)
Tuesday 14th November
11:00am - 2:00pm

Do you want to help plan MDAS events? We have a community event committee you can join. Phone 5032 8600 to find out more.



FLU SEASON IS HERE

Call our Health Clinic to make an appointment for a flu, COVID-19 or JEV vaccination to protect you and your Mob.

Mildura: 5018 4100 • Swan Hill: 5032 8600 • Kerang: 5412 6004

donate a frock

Do you have an old formal suit or dress that you no longer need?

For more information, or to donate, contact Kenita in Swan Hill: kmccartney@mdas.org.au



Swan Hill Maternal & Child Health Service

Services include:

- Health and wellbeing checks for children 0-6 years of age
- Sleep and setting advice
- Links to immunisation
- Referrals to specialist allied health professionals to support development and family wellbeing
- Referrals to NDIS
- New parents groups
- Playgroups
- Enhanced Maternal Child Health

Every Tuesday & Wednesday

For more information call MDAS Swan Hill (03) 5032 8600



REFERENDUM

WHAT'S A REFERENDUM?

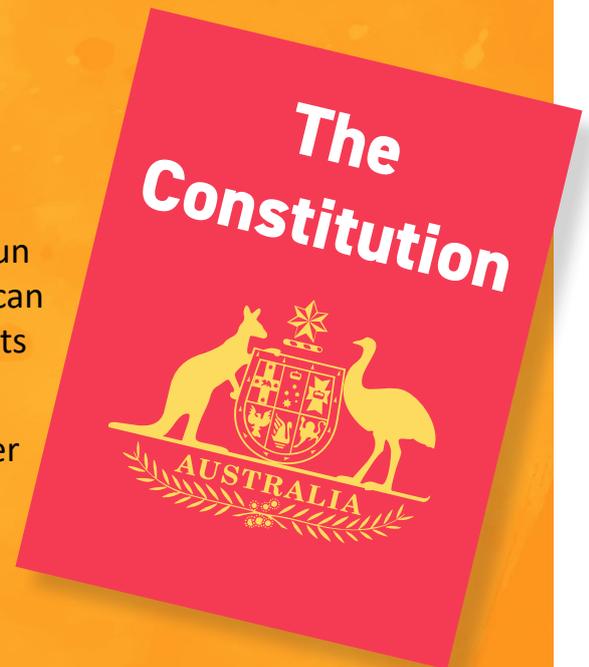
A referendum is a national vote on a question about a proposed change to the Constitution.

The Constitution is like a rule book on how Australia is run – it says what types of laws the Australian Government can make for the nation and what laws the state governments can make.

The Referendum usually asks a question which you either vote 'yes' or 'no' to.

The Constitution can only be changed in a Referendum, where the majority of people AND the majority of states vote 'yes'

You have to be enrolled to vote to participate in a referendum.



WHAT'S THE 2023 REFERENDUM ABOUT?

This year we can vote to change the Australian Constitution.

The 2023 Referendum is being held to decide if some words should be added to the Constitution that would recognise Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia.

We are being asked if Australia should:

“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?”

Put more simply, do you want to change the Constitution to recognise Aboriginal and Torres Strait Islanders by creating a Voice to Parliament?

SO WHAT'S THE VOICE?

The Voice would be an advisory group to government, made up of representatives of Aboriginal communities from across Australia.

This group would talk to government about laws and policies that directly affect their communities, with the hope of influencing change that will lead to better outcomes for their Mob.

If the Referendum passes – the majority of people and states vote yes – the Constitution will be changed so it that it recognises Aboriginal and Torres Strait Islanders and then planning will begin on the development of the Voice advisory group – how it will be structured and how it will work.

ENROL TO HAVE YOUR SAY

When you vote in a Referendum, you're playing a part in the decision-making process.

But before you can vote, you need to enrol. All Australians over 18 can enrol to vote. So, if you are not enrolled to vote and you'd like to have a say in the Referendum, now is the time to enrol.

Once you enrol you must vote in the Referendum and in State and Federal elections – it's your chance to be part of the conversations that create change.

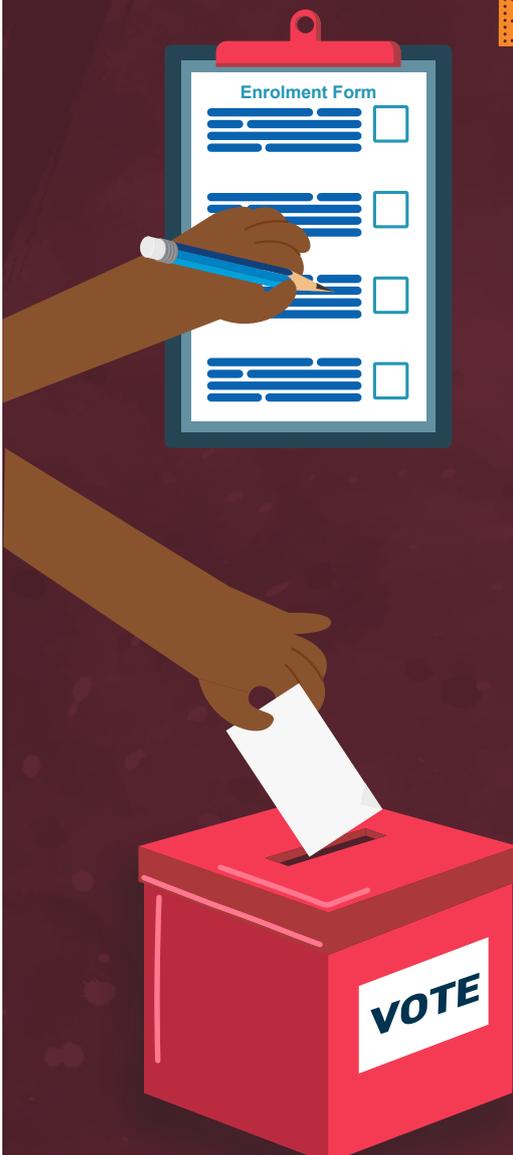
***If you're enrolled and don't vote, you may be fined.**

If you would like to enrol to vote, scan this QR code and it will direct you to the Australian Electoral Commission website.



AEC Referendum
Website

Enrolments
close 8pm
18th Sept



MEET A MEMBER OF THE TEAM

Why did you choose to work with MDAS?

I chose to work with MDAS for a new beginning.
I have mostly worked in aged care and was looking for a change.

What is the purpose of your role?

The purpose of a Practice Nurse is to work along side GP services to assess, screen, test and educate clients and to help Doctors provide medical care. You can access the service by Contacting MDAS Reception.

What do you love about your role the most?

I love helping and caring for people and promoting better health options.

What did you want to be growing up?

I always wanted to be a Nurse.

What is your favorite thing about yourself?

A favorite thing about myself would be making others feel better about themselves.

If your could give your younger self, one piece of advice, what would it be?

If I could give my younger self one piece of advice it would be that we are all equal that I am just as good as anyone else and to have confidence in myself.

Do you have a message for your Community?

My message for my Community is that there is always help and support if needed no matter your situation, have the courage to ask for help.

Friendly fact about me: I have four amazing children. Three daughters and one son and I'm blessed with four beautiful grandchildren.



Rachel Hewitt
Practice Nurse, Health Services

WOMEN'S WELLNESS GROUP

How can this program help you?

By providing a safe space for deadly women to meet together to yarnup about wellbeing topics, have a feed and participate in some group and individual activities together that meet their holistic wellbeing needs.

Who does the program target?

Indigenous girls and women aged 15-65 years

How can people get involved?

All welcome, no referral necessary, just turn up.
Transport available.

When does this program run?

Tuesday fortnightly 12-2pm at Swan Hill MDAS Community Hall (some other locations and day trips, transport provided)

Contact person and number:

Rachael McGann Phone: 0437 684 620 or 5032 8600.

Eligibility:

Women's only events (except when advised beforehand), some discussions can cover mental health and family violence so it is recommended for women aged 16 and over.



Rachael McGann - SEWB

Anything else you can share to help promote your program?

We provide a non-judgmental space for deadly women to be themselves. They can talk about things that matter to them and it gives them an opportunity to create connections with other like minded sistas in community.

WHAT'S ON AT MDAS



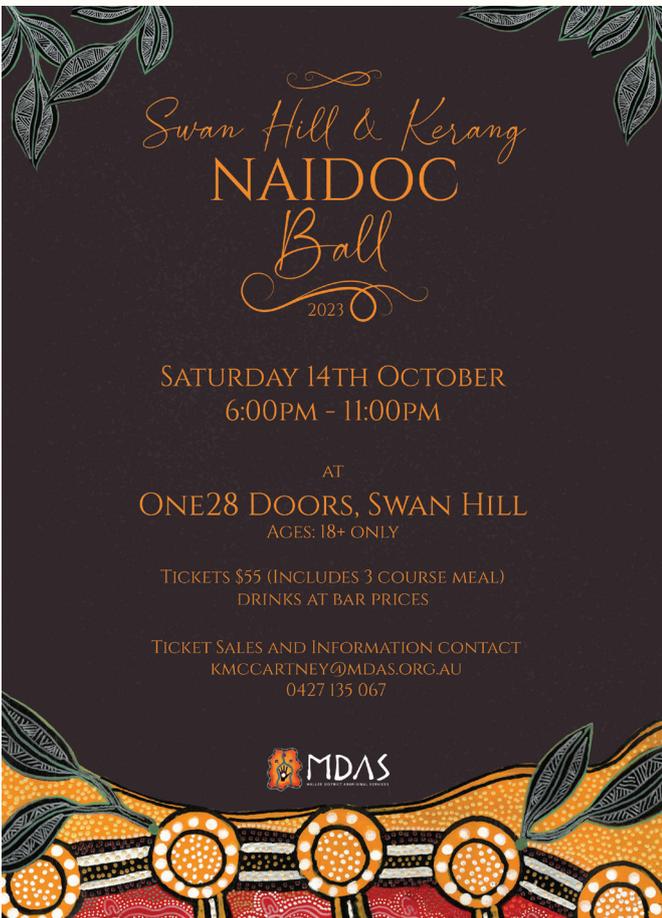
This special Members Forum is an opportunity for members to discuss and provide feedback on changes to the MDAS constitution

Kerang Shed 11 Nolan Street Thursday 28th September	LUNCH 12:30pm - 1:00pm
	FORUM 1:00pm - 3:30pm



This special Members Forum is an opportunity for members to discuss and provide feedback on changes to the MDAS constitution

MDAS Hall 70 Nyah Road Friday 27th October	LUNCH 12:30pm - 1:00pm
	FORUM 1:00pm - 3:30pm



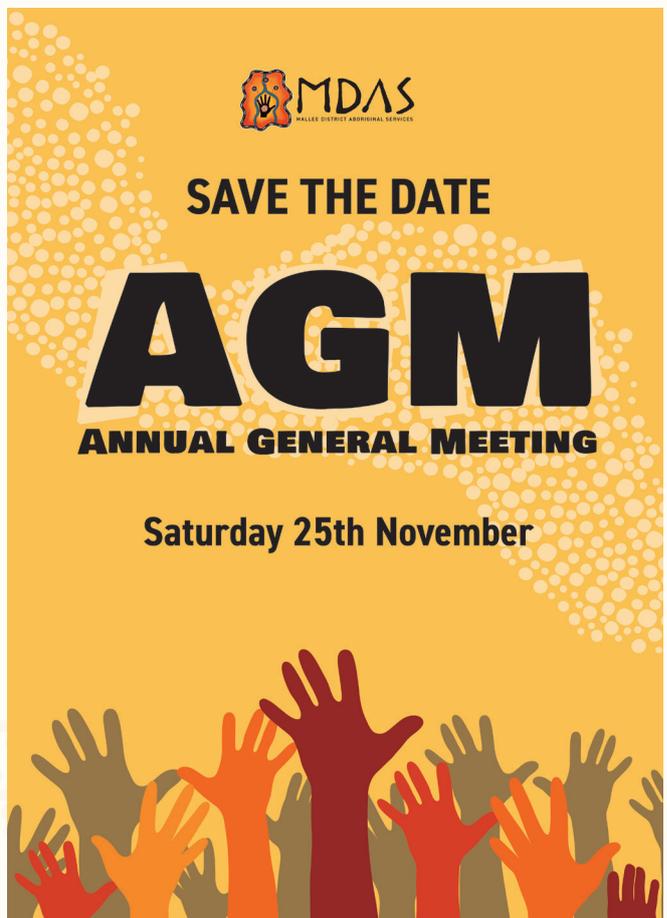
Swan Hill & Kerang
NAIDOC
Ball
2023

SATURDAY 14TH OCTOBER
6:00PM - 11:00PM

AT
ONE28 DOORS, SWAN HILL
AGES: 18+ ONLY

TICKETS \$55 (INCLUDES 3 COURSE MEAL)
DRINKS AT BAR PRICES

TICKET SALES AND INFORMATION CONTACT
KMCCARTNEY@MDAS.ORG.AU
0427 135 067



SAVE THE DATE

AGM

ANNUAL GENERAL MEETING

Saturday 25th November

WHAT'S ON SWAN HILL & KERANG



Community Events



September/October 2023

Kerang Welcome Barbeque

Rotary barbecue shelter,
Atkinson Park, Kerang
Sat, 16th Sep and Sat, 21st
Oct
12:00pm onwards



The Mik Maks

53-57 McCallum St, Swan Hill
Wed, 20th Sep 2023
Tickets are sold at
Swan Hill Town Hall



Kerang Community Market

Atkinson Park, Kerang
Sat, 23rd Sep and Sat,
28th Oct
9:00am - 12:00pm



Social Meal - Kerang

169 Boundary St, Kerang
Thur, 28th Sep and Thur,
26th Oct
12:00pm - 2:00pm



137th Kerang Annual Show

Alexandra Park, Park Rd,
Kerang
Mon, 9th Oct
8:00am - 10:00pm



Seniors Festival Week Swan Hill

Mon 9 Oct - Fri 13 Oct
RSVP: Carolyn 5036 4700



Market Day Swan Hill

Campbell Street, Swan
Hill
Sat, 28th Oct



Farmers Market

Monash Drive, Swan Hill
First Sunday
of each month



Moove and Groove

Swan Hill Library
Every Wednesday
13:30am - 11:15am
18 months - 5 years



Story Time

Swan Hill Library
Every Saturday
10:30am - 11:15am



showbiz cinemas



Teenage
Mutant Ninja
Turtles: Mutant
Mayhem



My Big Fat Greek
Wedding 3



A Haunting in
Venice
Coming Soon
Thur, 14th Sep



Ruby Gillman,
Teenage Kraken
Coming Soon
Thur, 14th Sep



Blue Beetle
Coming Soon
Thur, 14th Sep



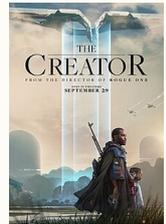
THE
EXPENDABLES
Coming Soon
Thur, 12th Oct



Killers of the
Flower Moon
Coming Soon
Thur, 19th Oct



Paw Patrol: The
Mighty Movie
Coming Soon
Thur, 21st Sep



The Creator
Coming Soon
Thur, 28th Sep

Have something you want us to feature?

Contact us at: media@mdas.org.au

Facebook: [@malletedistrictaboriginalservices](https://www.facebook.com/malletedistrictaboriginalservices)

mdas.org.au



Self-determined, healthy, robust and
culturally strong Aboriginal communities
across the Mallee Region.

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