



**MDAS**  
MALLEE DISTRICT ABORIGINAL SERVICES

# KOORI NEWS

Summer 2023  
Mildura



## From the CEO

**We have come to the end of what has been, bizarrely, both a very long year and a very quick year.**

The last couple of months I've travelled a lot, ensuring our communities' voices are heard in conversations around policy reform and funding. I have met with government ministers and department representatives, and I've also spent valuable time engaging with our local stakeholders, ensuring MDAS is strengthening partnerships and providing the supports and services you need.

In October, we were notified that MDAS had been nominated in the Community Employer of the Year category for the Wurreker Awards. I attended the event to represent MDAS and whilst we did not take out the award, we were a finalist and that is an achievement in itself. Also, in late October and November, we hosted our NAIDOC balls in both Swan Hill and Mildura. I was lucky to



be able to attend all these events – one of the highlights of my year. To see so many of you gathering to celebrate our culture, connections and the people who have been achieving great things was fantastic. We received several nominations for the NAIDOC Awards, and I congratulate all the winners and the nominees for their efforts and contributions.

MDAS has achieved a lot and, I think, learned a lot over the last year. We sometimes lose track of the progress we've made because we are so focused on what we still have ahead of us. But when I look back over the past year, I can see we have made great steps towards the reformation of MDAS. Are we across the finish line? Of course not, but we have a clear pathway ahead and collectively, we have the team who can get the job done.

Wishing you and yours a safe, happy, and healthy Christmas and may the New Year be everything you're hoping for.

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# IN THE COMMUNITY



## MENTAL HEALTH WEEK - SEWB



To mark Mental Health Week in October, our SEWB team organised events that had them out and about in community yarning about the importance of caring for our mental health

The SEWB team hosted a range of activities that brought community together to learn about the supports that are available for people who may be struggling with mental health issues.

Activities included drumming workshops, BBQs, and mobile photo booths that were popular with everyone.

The message from this week was that you're not alone – if you or someone you know needs help it's only a phone call away.

## DIABETES DAY

In November, we held a morning tea for World Diabetes Day. The Health Promotions team and diabetes expert, Jade Kelly, were on hand to talk about diabetes: how it's diagnosed and treated and how you can lower your risk of getting it.

Everyone loved the smoothie bike and had fun making their own smoothies through deadly pedal power.

Thank you to everyone who turned up to talk about keeping our Mallee mob a healthy mob



Did you know, Aboriginal and Torres Strait Islander people have a greater chance of becoming diabetic than non-Aboriginal Australians, that's why it's important to have your regular 715 health check.

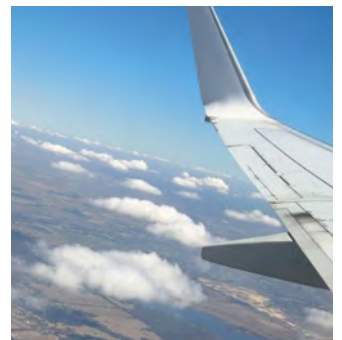
# CELEBRATING CHILD HEALTH DAY



## YOUTH CAMP - Darwin

We recently hosted a cultural camp to Darwin for some of our young kids - giving them a chance to connect with each other, our history, our country and our culture. Learning has never been so much fun.

As you can see from all the smiling faces, the group had a great time.



# NAIDOC BALL AWARDS

Our NAIDOC Balls were held in November and we would like to acknowledge our award winners:

## Youth Ball:

### **The Caring for Country and Culture Award (Male)**

Zachary Harris

### **The Caring for Country and Culture Award (Female)**

Harmony Baxter

### **Youth Award (Male)**

Jareece Johnson

### **Youth Award (Female)**

Brittany Ah See

### **Sports Person Award (Male)**

Russell Clark

### **Sports Person Award (Female)**

Ava Hinton

### **2023 Aunty Bev Peter Award - Community Excellence Award**

Russell Clark

### **Mr. NAIDOC Award**

Zachary Harris

### **MISS NAIDOC Award**

Nacinta Tuuholoaki

## Elders Ball:

### **Sports Award**

Tessa Clark

### **Volunteer Award**

Uncle Russell Taylor

### **Lifetime Achievement & Honour Roll**

Aunty Pam Handy

### **2023 Aunty Bev Peter Award - Community Excellence Award**

Ernest Mitchell

### **Elder of the Year (Male)**

Uncle Brian Hunt

### **Elder of the Year (Female)**

Aunty Ceno Biles

# WORKING FOR COMMUNITY



## SENATOR MALARNDIRRI MCCARTHY

MDAS recently met with Senator Malarndirri McCarthy, the Federal Government's Assistant Minister for Indigenous Australians, for a yarn about the issues impacting our Mallee communities.

Among other things, we talked about housing, cost of living and the need for targeted, flexible funding to support the programs, initiatives and services that will make a difference in our community.

We are committed to making sure our voices are heard.



Darlene with Senator Malarndirri McCarthy Federal Government's Assistant Minister for Indigenous Australians

## CLOSING THE GAP

MDAS recently participated in the Closing the Gap on Indigenous Health Forum in Melbourne. Representatives from a range of health and support services from across the country came together to discuss the barriers that continue to impact health service provision, and health outcomes, for Aboriginal and Torres Strait Islander people.

There were many common themes, including the need for: creative place-based funding models, increased investment in telehealth and digital health solutions, data sovereignty and a new approach to consultation and collaboration.

MDAS Chief Executive, Darlene Thomas, spoke to delegates about the challenges our community faces in caring for our Elders and people living with a disability. She highlighted the lack of culturally appropriate facilities and the complexities of the NDIS that often prevent people from getting the assistance they need. Access to quality health services is fundamental to closing the gap and MDAS will continue to advocate for the funding required to support better outcomes for our community.



# DO YOU NEED SUPPORT?



We know that Christmas can be a tough time for some people.

The pressure to spend can be stressful and the holidays can also increase feelings of loneliness and worsen family arguments.

If you find yourself struggling, please reach out.

You can phone our SEWB team, or a 24 help line – you are worth making the call.

**SEWB: (03) 5018 4100**  
**13 YARN: 13 92 76**  
**Lifeline: 13 11 14**

# WHAT'S ON AT MDAS



FUN ACTIVITIES | OVER 100 PRIZES ON OFFER | LUNCH PROVIDED | PHOTOS WITH SANTA  
 Transport available.

Please contact Pam McCormack – 0436 814 093  
 Children under 10 must be accompanied by a parent/guardian.

BYO Chair, Towel and hat.

Friday 22nd December  
 11am - 3pm  
 Merbein Pool, Box Street

## MDAS Holiday Office Hours

### DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18	19	20	21	22	23	24 Christmas Eve
25 Christmas Day CLOSED	26 Boxing Day CLOSED	27	28	29	30	31 New Years Eve

### JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 New Years Day CLOSED	2	3	4	5	6	7

# FREE YOUTH SCHOOL HOLIDAY ACTIVITIES



REGISTER ONLINE AT  
[WWW.EVENTBRITE.COM.AU](http://WWW.EVENTBRITE.COM.AU)

ALL ACTIVITIES ARE FULLY SUPERVISED  
BY OUR FRIENDLY TRAINED STAFF



YOUTH ENGAGEMENT SERVICES

## WEEK ONE ACTIVITIES

**Monday 8 January 2024**  
**2pm-4pm**  
**Arnie's Laserforce**  
**62 Orange Avenue, Mildura**  
**Ages: 12-17 years**

Join in for an action-packed two hours of Laserforce. Play a variety of Laserforce games and enjoy free access to the arcade games. Snacks provided.

**Tuesday 9 January 2024**  
**10.30am-12.15pm**  
**Wallis Cinema**  
**93 Deakin Avenue Mildura**  
**Ages: 12-17 years**

The Disney movie WISH follows 17-year-old Asha who learns about the King's troubling secret and leadership methods. She wishes upon a star to help her community, only to be surprised how her wish comes true. Bring along some \$\$ for snacks @ the Snack Bar.

**Wednesday 10 January 2024**  
**11am-3pm**  
**Level Up Gaming**  
**Mildura Visitor Information Centre**  
**180/190 Deakin Ave Mildura**  
**Ages: 12-17 years**

Calling all Gamers, bring your mates and game with friends – VR, PS5, Xbox Series X, Switch, Last Gen+++ Mario Kart using the latest consoles, VR headsets, vintage consoles and massive screens. Lunch & snacks provided.

**Thursday 11 January 2024**  
**2pm-4.30pm**  
**Emu Callers Art Project with Misty Arts Mildura**  
**39 Langtree Avenue, Mildura**  
**Ages: 12-17 years**

Indigenous Emu Callers are traditionally used as a decoy when hunting. You will be guided by Misty who will share culture and creative ways to decorate and take home your own Emu Caller. Snacks provided.

**Friday 12 January 2024**  
**11am-2pm**  
**Beach Party, Beach Volleyball & 3x3 basketball**  
**Langtree Mall**  
**All ages**

Head to our Beach Party in the Langtree Mall, with real sand! We are calling out to all the beachgoers. We have beach volleyball & 3x3 basketball. Expert coaches on hand. Enjoy some free snags on the BBQ and chillax with your friends.



Arrive 15 minutes prior to the event starting.



Bring a water bottle to each activity.



Extra snacks can be purchased at most activities.



## WEEK TWO ACTIVITIES

**Monday 15 January 2024**

**10am-midday & 1pm-3pm**

**The Push – Music Industry Careers and Recording & Releasing workshops (2)**

**Mildura Visitor Information Centre  
180/190 Deakin Avenue, Mildura**

**Ages: 12-25**

In the first workshop gain an understanding of the breadth and depth of career paths in the music industry. In the second workshop learn more about release plans, press kits, music distribution and how to release your music. Register for both or just one workshop. Lunch & snacks provided.

**Tuesday 16 January 2024**

**2pm-4.30pm**

**Indigenous Basket Weaving & Jewellery Making**

**Arts Mildura**

**39 Langtree Avenue, Mildura**

**Ages: 12-17years**

Enjoy a few fun hours learning the cultural practice of Indigenous basket weaving and jewellery making. Meet new friends and take home your own special and uniquely crafted pieces. Snacks provided.

**Wednesday 17 January 2024**

**11am-1pm**

**Self Defence @ Mildura Brazilian Jiu Jitsu  
47-49 Seventh Street, Mildura**

**Ages: 12-17 years**

Learn some Brazilian Jiu Jitsu self-defence disciplines and techniques to get yourself out of tricky situations. BJJ is great for your confidence, strength and overall wellbeing. Snacks provided.

**Thursday 18 January 2024**

**9am-4pm**

**Responsible Service of Alcohol Training  
MADEC Community College**

**126-130 Deakin Avenue, Mildura**

**Ages: 17-25 years**

An RSA is required to serve alcoholic beverages at restaurants, bars, cafes and events. This FREE course provides you with a pathway into the hospitality industry. Upon registration a separate enrolment form will be sent. Lunch & snacks provided.

**Friday 19 January 2024**

**11am – 1pm**

**Come & Try Fun Sports Day  
Mildura Sporting Precinct**

**684 Deakin Avenue, Mildura**

**Ages: 12-17 years**

Have you wanted to try a new sport with local sports coaches. We are providing Come and Try opportunities for indoor cricket, badminton and table tennis. We will have mini comps and prize giveaways. Come along and give it a go. Lunch & snacks provided.



**Scan here  
to book**

**SUN SAFETY**     

Council encourage the use of protective clothing, hats and sunscreen. 30+ sunscreen is provided, however young people can bring their own.

**For more information:**

Dawn Johnston  
03 5018 8100 or

youthservices@mildura.vic.gov.au