



MDAS
MALLEE DISTRICT ABORIGINAL SERVICES

Koori NEWS

JUNE 2020



LISTENING TO OUR MOB SPEAK

OUR MOB SPEAKS IS A NEW WAY OF LISTENING TO OUR COMMUNITIES. OUR MOB SPEAKS IS ABOUT THE COMMUNITY TALKING, AND MDAS LISTENING.

Our goal is to yarn with around 400 people every three months, across Mildura, Swan Hill, Kerang and Robinvale. This means we will be out yarning with people, young and old. We will be listening to what is on your mind and how MDAS can improve the support we provide.

A dedicated team of good listeners will be doing the listening - John Jackson, Ian Kirby, John Mitchell and Sarah Nalder. They will record only what is said, not who said it. This is so everyone can feel safe to talk about what's on their mind.

The information gathered through these yarns will be essential for us to continue improving MDAS services. It will also be used to talk with government about community concerns and ideas, to make sure we are attracting the right investment to support our communities.

The Our Mob Speaks approach draws on the deep wisdom, strength and resolve of Aboriginal people living in the Mallee, both past and present.

Regular feedback and updates will be posted on the MDAS website and Facebook page to keep everyone in the loop with Our Mob Speaks.

The first yarns are happening now, and we're hearing about how we can support community members to recover from COVID-19.

To find out more about Our Mob Speaks, contact:

Mildura/Robinvale: John Jackson 0427 942 388
Ian Kirby 0429 968 030

Swan Hill/Kerang:
John Mitchell 0437 042 688
Sarah Nalder 0428 615 226

Pictured: Top right; Ian Kirby and John Jackson

Above right; MDAS Community Liaison Officer Swan Hill Sarah Nalder and Community Engagement Officer Johnny Mitchell

In this issue...

WELCOME TO OUR NEW ACTING CEO PAGE 2

MILDURA'S MEN'S HUB TAKES SHAPE PAGE 3

TAKE CARE OF YOURSELF - A MESSAGE FROM MEL LANE PAGE 4



**OUR MOB
SPEAKS**

WELCOME TO OUR ACTING CEO ANDY CHARLES

PROUD YORTA YORTA MAN ANDY CHARLES HAS BEEN APPOINTED ACTING CHIEF EXECUTIVE OFFICER (CEO) OF MDAS.

Since starting at MDAS in 2011 as a Youth Justice Worker, Andy has worked his way up as a manager

of youth services, a senior program manager for families, and most recently, the Director of Family and Community Services.

He is committed to supporting our families and individuals in times of need, and working towards positive outcomes, whatever that may look like. Andy's focus is not only on community, but capacity-building within MDAS, by mentoring and supporting staff, and encouraging them to take opportunities and step up to the next level.

Andy took on the role when former CEO Rudolph Kirby stepped down for personal and family reasons in March. Rudy's vision, determination and hard work over nine years guided the dramatic transition of MDAS into a modern, innovative and effective one-stop-shop for Aboriginal people.



DEADLY THIS MONTH: KAILEY CLARK

MDAS LEARNING AND DEVELOPMENT

She has just completed her traineeship and Certificate 111 in Business

Getting to know Kailey: I'm a young Indigenous woman who believes in pushing people to do their best and striving for absolute greatness. I love to help people to reach their full potential and feel that regardless of background, we all have stuff we need to overcome, but once we've got our minds set on what's right for us, we will push to achieve it. My family and community are extremely important to me, I absolutely love the fact that I work in not only an organisation but a team (Learning and Development) which helps to grow, support, and upskill our community.

How did the training help you? It not only helped me to excel in many areas of my current role but also gave me more insight on how businesses work. I now feel that I have the confidence in not only my job but in myself to go on and do greater things. I feel my study journey has really helped me as grow as a person and be more comfortable and confident in

decisions I make and have made.

Would you recommend it? Studying gives you a greater perspective and can really help a person change for the better.

I especially would recommend it to the youth like myself; After not completing school, I was so negative and disheartened thinking I wouldn't make anything of myself but through this study, and I now have such a positive outlook and I have so many big goals for the future.

Will you do more training/study? I would love to keep studying and keep learning in the future. I don't have any plans set right now but I am so passionate about upskilling and feel that I would love to keep learning and keep achieving.



ENTERING THE CULTURAL CLASSROOM

HAVE YOU SEEN OUR MILDURA ABORIGINAL LIAISON OFFICER IAN KIRBY'S QUICK DIDGE LESSON ON FACEBOOK?

Starting with the basics...how to get a sound out of a didge! We're working on a new series of videos with our Community Engagement Team that will include cultural activities and information - ideas to try at home to reconnect to culture and Country. Keep an eye out!

Pictured: Ever wondered how to get a sound out of a didge? Uncle Ian Kirby can help!



MEN'S HUB TAKES SHAPE

OUR NEW MILDURA MEN'S HUB IS REALLY STARTING TO SHINE!

Thanks to our MDAS Family Violence Team and the Family and Youth Services crew, we are another step closer to seeing our dream become a reality at the San Mateo Avenue site in Mildura.

When complete, it will be a Men's Hub and a Men's Shed - a centre for all 'Men's Business' and positive men's and boys' programs run by Coordinator Rocky Sloan and his team.

It so exciting - we will soon have a brand new, purpose-made space for all the great work they're doing!



Pictured: Left; Youth Services manager Calvin Henry brought in his team to help

Right; Support worker Brady Hall and Case Manager Blake Hall

LOVE YOUR SPORT, PROTECT YOUR KIDS

PROFESSIONAL SPORT IS MAKING A COMEBACK FOLLOWING THE COVID-19 LOCKDOWN, WHICH PREVENTED MANY SPORTS FROM TRAINING AND PLAYING.

So it's a good time to make sure we love the game, not the odds.

We all know there's been plenty

of screen time during lockdown, with mobile phones, tablets and the television used more than usual. Unfortunately, gambling is advertised heavily on television and through social media, making it easier for young people to be exposed to online gambling.

To reduce your child's exposure to gambling or gambling advertising:

Talk to your child about the risks and potential risks that are associated with gambling.

Monitor the purchase of games or microtransactions.

Prevent unintentional access to gambling sites by using a filter like Gamblock or Betfilter.

If you have concerns about your child's gambling behaviour, or your own, MDAS can help. Contact Sioned Price to talk about the options available. Phone Sioned on 0409 562 106 or email sprice@mdas.org.au

REVAMP FOR RECEPTION AT FAMILY SERVICES

DURING THE COVID-19 SHUTDOWN, THE DOORS MIGHT HAVE BEEN CLOSED BUT THERE WAS PLENTY OF WORK GOING ON, WITH MILDURA'S FAMILY SERVICES RECEPTION AREA GETTING A MAKEOVER!

The reception desk has been moved to the opposite side of the reception area so our team can greet you as you arrive. The area has also had a freshen up, making it a much nicer place to work and wait!

Pictured: Tessa Clark and Pam McCormack in the bright new Mildura Family Services reception



Around MDAS

GET YOUR FLUVAX THIS WINTER

Our mob is much more likely to get very sick from flu and need treatment in hospital. This winter, with COVID-19 already putting pressure on our health system, it's even more important to get your flu shot.

The flu shot is free for all Aboriginal people aged six months and over.

Contact MDAS to book in for your flu shot and you will get a Deadly Choices beanie or scarf when it's done! Contact MDAS on 1800 183 593.

CANCER WON'T WAIT

CANCER SURVIVOR AND MDAS BOARD MEMBER MEL LANE SAYS IT'S REALLY IMPORTANT OUR MOB LOOKS AFTER THEMSELVES NOW, AND IN THE FUTURE.

The proud Yorta Yorta woman was diagnosed with cancer seven years ago and credits early treatment for her successful recovery.

"Taking care of yourself means going to your doctor or Aboriginal health practitioner if something is not right with your body," says Mel.

"Most changes in your body aren't due to cancer, but if there is something worrying you, don't wait."

To make an appointment for a health checkup, contact MDAS on 1800 183 593.

You can see Mel's video story on our MDAS Facebook page.



OUR SERVICES

FAMILY AND COMMUNITY SERVICES

CARE AND CULTURE

Aboriginal Children Specialist Advice Support Service (ACSASS)

Aboriginal Family Led Decision Making (AFLDM)

Cultural Support Planning (CSP)

Kinship Care

Home Based Care (Foster Care)

Therapeutic Residential Care

Therapeutic Residential Case Management

First Supports

Kinship Reunification

FAMILY AND YOUTH

Family Services

Integrated family services

Stronger Families

Family Preservation

YOUTH SERVICES

Early School Leavers

Youth Support Program

Youth Justice

Koori Connect

Koori Night Patrol

Youth Justice Robinvale

HOUSING SUPPORT

Crisis Support

Aboriginal tenants at risk of eviction

Transitional support

AOD Robinvale

FAMILY VIOLENCE

Meminar Ngangg Gimba – Refuge

Meminar Ngangg Gimba – Outreach (Mildura/ Robinvale/ Swan Hill/ Kerang)

Meminar Ngangg Gimba – Cultural Healing Group Work

Men's Family Violence Case Management

Men's Family Violence Cultural Behaviour Change Group Work

Men's Family Violence Cultural Healing Group Work

Adolescent Family Violence Case Management

Adolescent Family Violence Culture Healing Group Work

SOCIAL EMOTIONAL WELLBEING

Koori Women's Diversion (Mildura)

Mental Health Demonstration Project (Mildura)

Alcohol and other Drugs Treatment Service

(Mildura Swan Hill/ Kerang Robinvale)

Bringing them Home

(Mildura Swan Hill/ Kerang Robinvale)

Aboriginal Communities Gambling Awareness program (Mildura)

Family Wellbeing program

(Mildura Swan Hill/ Kerang Robinvale)

Local Justice Worker program

(Mildura) (Swan Hill Under Family services)

Dual Diagnosis Model of Care

(Mildura Youth 12 - 25) (Swan Hill Adult 16 - 65)

SEWB Mental Health Access

(Swan Hill)

Clinical & Therapeutic Mental Health (Swan Hill)

Mental Health Community Support Service (Swan Hill & Mildura)

HEALTH

GP

Nurse

Aboriginal Health Workers

Outreach Workers

Chronic Disease Management

Maternal Child Health

Nurse Health Checks

Transport

SPECIALIST SERVICES

Drug And Alcohol Worker

Psychologist

Maternal And Child Health Nurse

Podiatrist

Cardiologist

Urologist

Paediatrician

Optometrist

Cardiologist

Audiologist

Physiotherapist

Personal Trainers

Road to deadly Health

Deadly choices (school programs)

MDAS Health program

Nutrition & Public Health Advisor

AGED AND DISABILITY

Commonwealth Home Support Programme (CHSP)

Home and Community Care Program for Younger People (HACC-PYP)

CLINICS

Well Women's Clinic

Immunisation Clinic

TACKLING SMOKING AND HEALTHY LIFESTYLES SERVICES

Quit Smoking Support

EARLY YEARS

Maternity Services (Swan Hill & Mildura)

Maternal and Child Health (Swan Hill & Mildura)

In Home Support program (Swan Hill & Mildura)

Cradle to Kinder (Swan Hill & Mildura)

Koori Supported playgroups (Swan Hill & Mildura)

Koori Preschool Assistant program (Mildura)

HIPPY (Home Interactive Program for Parents and Youngsters)(Mildura)

Connected Beginnings (Mildura)

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