



Ngatanwar

Gunditjmara Aboriginal Cooperative

Honouring The Old Empowering The New

Newsletter 8—Date 2 June 2021

Back into lockdown we go...

Remember there are only 5 reasons to leave your home

- * shopping for necessary goods and services
- * care and caregiving, including medical care, or to [get a COVID-19 test](#)
- * exercise
- * authorised work and permitted study
- * to get a [COVID-19 vaccination](#).

Our home support workers Annette and Roxy are able to put in some essential supports for clients during this time. Give Tory a call, 55591234, if you need to yarn about your service.

If you or someone you know is needing support and would like to have a yarn about their wellbeing, Yarning SafeNStrong have a hotline 1800 959 563 with culturally suitable counsellors available.

Clinic News

On Monday 17th May I got the AstraZeneca Covid-19 vaccine, at first, I was a bit worried I might get an **reaction**, like a headache, sore arm or body etc, that **everyone** is yarning about, I'm 53 years of age

An personally now that I have had the 1st dose of **AstraZeneca vaccine**, and didn't get any **reaction** to the Vaccine, it has calm my nerves down knowing that if Covid-19 does come into the our community, I know that I am safe and will not get the covid-19 virus. So people come into the Gunditjmara Health Clinic and book in for your **AstraZeneca vaccine TODAY**.





Elders Group Trip to Halls Gap Zoo, Thursday May 13

The weather held off for an enjoyable day walking around the zoo.



Thank you to all involved for making the trip a success.

The Elders Group looks forward to more trips, with talk of Football games, Museum visits, Art Galleries, Cultural Sites

Give us a call if you would like to know more about the Elders Group.

