

Your Feedback Form

Let Us Know How We Did.

Did you find the articles interesting?

- Deadly
- Okay
- Not Really

Is the CEO Update important to you?

- Definitely
- Not All The Time
- Not Really

Did you like the children's page?

- Deadly
- Okay
- Not Really

Are the articles easy to read?

- Easy
- Some text is too small
- It is hard to read

What other things would you like to include in your Newsletter?

Name

Address

Contact Us

Main Office:

134 Kepler Street
Warrnambool Vic 3280
Phone: (03) 5559 1234

Health Services:

3 Banyan Street
Warrnambool Vic 3280
Phone: (03) 5564 3344

Harris Street Centre:

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Phone: (03) 5559 1234

YOUR IDEAS ARE IMPORTANT

Drop in and drop off your feedback forms at any of our convenient offices.

THE NEWS LETTER

GET HELP QUIT SMOKING

Gunditjmara Aboriginal Cooperative Ltd, are dedicated to stepping up our efforts in addressing the issue of smoking for indigenous and non-indigenous people. We offer a range of support, that includes workshops, educational services and therapeutic assistance to help you quit the habit.

Contact us today to learn more.

GUNDITJMARA HEALTH CLINIC

3 Banyan Street
Warrnambool VIC 3280



Gunditjmara Aboriginal Cooperative

Honouring The Old Empowering The New

VOLUME 1

Newsletter

February 2020



2019 Highlight

Art work by Rebecca Clayton Warlpiri one of the winners in the Art Prize for Breast Screen Victoria.

INSIDE

THIS ISSUE

"My Quit Smoking Journey"

Children's Activity Lift Out Page

"Call It Out" Public Art Installation.

The CEO Update

By ASHLEY COUZENS

Ngata all,

Welcome to the first revised edition of our newsletter. We are currently working to develop better ways to connect by providing new information to our community and members. We hope you enjoy the new newsletter. Please feel free to share with us your ideas and what you want to see in these pages at any time (see back page).

Reforms

2019 was a year of creating new ways of working in a very challenging environment. As an organisation there has been significant policy and funding changes in the areas of Children Services and Family Violence due to the Royal Commission into Family Violence. This has meant that we need to continue to build and consolidate a more efficient wrap around support for our community, whilst maintaining our true sense of self deter-

mination. Our culture is at the centre of everything we do, therefore I am committed to continue supporting staff in empowering and strengthening our services. These changes will continue to evolve as the current Royal Commission into Mental Health releases its findings and recommendations.

Gunditjmara Members will have noticed a fair bit of remodelling works happening at Kepler St due to the growth that we are currently experiencing and the general modernisation of our buildings. We have sought infrastructure dollars to assist with the growth. GAC was successful in acquiring the Victorian Government – Regional Health Infrastructure Fund (RHIF) to assist rural and regional health services. We will be utilising these funds to remodel our Banyan Street clinic and some additional minor works at Kepler St. This will allow us to provide greater comfort for patients and community and enable staff to deliver safer and more efficient care that improves patient and community outcomes. Most of these works have now been completed.

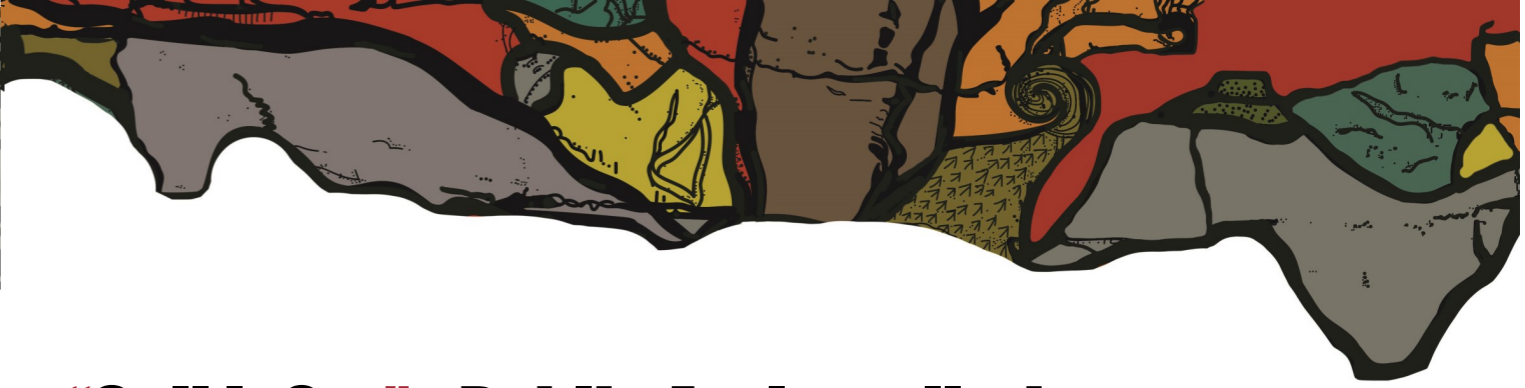
GAC has heavily invested in strengthening and upgrading our existing ITC infrastructure over the last 12 months. The information and communication technology requirements of GAC have evolved over time and it is important for us to ensure we have efficient systems to enable us to capture the needs of our community and provide solid data to our funders.

Moving forward I am encouraged by the current dedication by all our staff at Gunditjmara and have great aspirations for the future. A future that will continue to build on a culture of learning and innovation that are in line with our values for the benefit of our community.

I am looking forward to the exciting times ahead for us including a rebranding of our organisation, redevelopments of our Kepler Street site, continuing to lobby for an Aboriginal Women's Refuge, a focus on providing more outreach services to those community members in outlying areas and a strong focus on innovation and culture.

Wurruk,

Ashley Couzens



Health Services

My OUT SMOKING JOURNEY

"Johno" is part of the Gunitjmarra Aboriginal Cooperative team. He works closely with community and is a valued team leader in our Home and Aged Care Services Team. A man of many talents, Johno's roles involve wearing many hats from maintenance and repairs to organising staff. A down to earth bloke, Johno is always ready to give a hand and is the go-to man if you need stuff done.

Johno shares his story having been through the challenge of giving up the smokes and coming out the other end successfully.

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"Ever since I was in grade 9 'Brindles the school 'durry muncher' urged me to come and join him for a smoke I have battled tobacco addiction. I never really became a full time smoker until I left school and began work at a flash hotel near Bowral in NSW. Everyone seemed to smoke and it was all part of the lifestyle back then in the late 80's. There was no consideration for the cost as a packet of Winnie Blues was about \$3.00 and smoking seemed to be acceptable nearly anywhere, on busses, in supermarkets, in the workplace, you name it.

"I didn't feel done but when I left that room I had no desire to smoke"

Fast forward 30 years and things have changed and I started to think more and more what it would be like to not smoke. I was becoming short of breath more easily and I noticed that it was not as socially acceptable as it used to be, not to mention that I never seemed to have enough money for the extra little luxuries when I needed them. For years I visited South West Healthcare and with my Smoking Cessation Worker Moya tried various methods with me in the quest to give up.

About 2 years ago I spoke to a guy who operates one of the lobster boats here in town and he espoused the wonders of hypnotherapy as his saving grace and said that he has never looked back.



"Call It Out" - Public Art Installation





Community Services

**“CALL
IT
OUT”**
A PUBLIC ART
INSTALLATION

Warrnambool Cloths Line Project

The 16 Days of Activism Against Gender Based Violence is a global initiative commences on the 25th November as part of the International Day For The Elimination of Violence against Women and wraps up on the 10th of December which is the day for Human Rights Day

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Gunditjmara community members and staff joined in the united day of activism against gender-based violence. The project began at Harris street reserve where community and staff created the t-shirts and then installed the work as a public artwork on the green at the Warrnambool Art Gallery on the 9th December 2019.

South West Healthcare, the Warrnambool City Council, Emma House and our local community partnered to collaborate in the Warrnambool Clothesline Project on the 25th November 2019

The Clothesline Project was created to bring awareness to the issue of violence against women. It was a means to give voice for those affected by violence, a way to empower people through art and a way to educate others to see the importance of change

Gunditjmara Coop was invited to participate and members of the community gathered at Harris street to participate.

Everyone worked on their own designs and painting and drawing the personalised messages and t-shirts.

The theme was *'Call It Out'*. Over 80 t-shirts were created for the final installation. The t-shirts were then displayed on the Warrnambool civic green in front of the WAG with a large number of local and community members attending on the day of the exhibition.

As a collective work the messages of hope, inspiration and empowerment sent a powerful message to people who viewed the works that conveyed the power of the spoken word through none violence means and how a spoken message can inspire change

Thank you to everyone who participated in this project standing together we will *'call it out'* and say no to gender based violence. See you all again in 2020 for the next project.

Featured Article

I didn't feel done but when I left that room I had no desire to smoke. I spoke to Ken Brown (K.B.) Gunditjmara's own TIS worker about the possibility of doing a group hypnotherapy session for the community and he said that he would look into it. Andrea Lane conducted the sessions and although I found them very relaxing I couldn't quite get into the mental space where I needed to be. K.B. spoke to Andrea and a one-on-one session was organized.

I remember the whole process clearly and even said to Andrea at one stage that I didn't think it was working? She told me to stick with it and after half an hour she said that I was done.

I didn't feel done, but when I left that room I had no desire to smoke, in fact every time I think about smoking I feel a little nauseous.

It is now nearly 14 months since I have kicked the habit and feel confident that I will never take it up again. Without the support of Ken Brown and Gunditjmara Health Services I definitely would not be able to turn my life around.

I encourage anyone who is thinking of giving up to explore all the options available to you and know that with every attempt, it does get easier! Eventually, you too can do it".

Best of Luck, Johno



Contact Us Today

#QuitTip

Use your mind power to your advantage. Tell yourself 'I will quit cigarettes' every day.



For More Information and video's see here;

<https://campaigns.health.gov.au/smokes/audio/dont-make-smokes-your-story-45-second-radio-yolngu-matha>

Children's Activity Page

LEARNING

EMILY KNGWARREYE WAS ONE OF THE MOST FAMOUS AND SUCCESSFUL INDIGENOUS AUSTRALIAN ARTISTS. SHE DID NOT START PAINTING SERIOUSLY UNTIL SHE WAS EIGHTY YEARS OLD. SHE DEVELOPED HER OWN STYLE BASED ON THE TRADITIONAL ABORIGINAL PRACTICES OF USING LINES AND DOTS. SOME OF HER BIG DOT PAINTINGS WERE MADE WITH A SHAVING BRUSH —SHE CALLED IT HER "DUMP DUMP" STYLE.

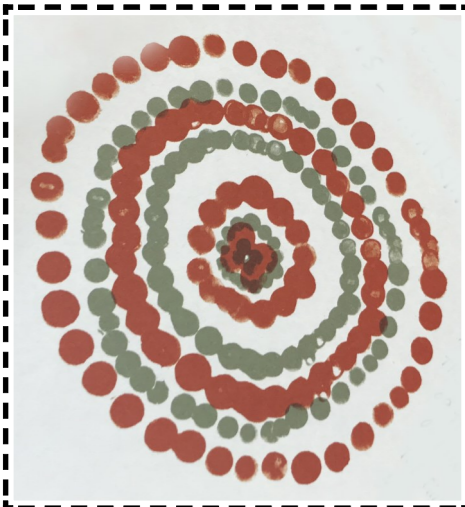
- ◆ HAVE A GO BELOW AND SEE WHAT PATTERNS YOU CAN CREATE WITH LINES AND DOTS

Emily Kngwarreye



HERE IS AN EXAMPLE OF EMILY'S LAM TRACKS THEY LOOK LIKE A BIRDS EYE VIEW OF YAM ROOTS UNDER THE GROUND. THE YAM IS AN IMPORTANT FOOD TO SOME ABORIGINAL PEOPLE

- OR TRY MAKING SOME PATTERNS WITH DOTS FROM THE EXAMPLE BELOW.



Images and text source: Draw Paint Print Like The Great Artists by Marion Denchars



OUR LANGUAGE MATTERS

Can you say the Gunditjmara name for this animal?

COLOUR ME IN

