

Ngatanwarr

Honouring The Old ,Empowering The New



NEWSLETTER 15—DATE 15 OCTOBER 2021

CLINIC NEWS

Ngata All,

As we are all in this together (Covid-19) it is so important to get your AstraZeneca or Pfizer Vaccine Today. Not only to protect yourself, but to protect your family, friends & the Warrnambool Community. We all want to have a COVID FREE Christmas with our loved ones and the only way to do that is to be Vaccinated from this nasty virus.

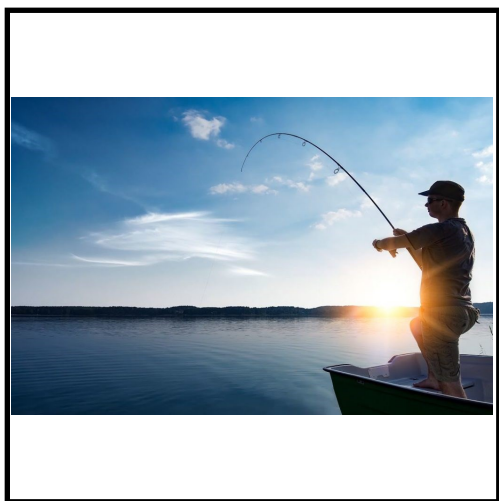
So please call the Gunditjmara Health Clinic on 55643344 and book your Covid Vaccine today

And feel safe knowing that you are doing the right thing for everyone close to you. Wurruk from KB



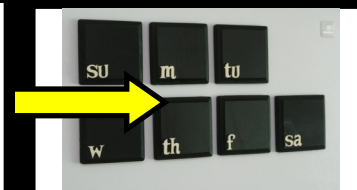
ELDERS GROUP PORT FAIRY TRIP

ELDERS GROUP IS OFF FOR AN OVERNIGHT STAY AT SEA COMBE HOUSE ON WEDNESDAY 10TH NOVEMBER 2021. SOME WILL BE UP EARLY FOR A FISHING TRIP WITH SOUTHERN COAST CHARTERS. OTHER ACTIVITIES IN PORT FAIRY ARE BEEN LOOKED AT FOR THOSE WANTING TO STAY OF TERRA FIRMA. WE CAN'T WAIT TO SHARE SOME STORIES AND PHOTOS. FOR MORE INFORMATION ABOUT OUR ELDERS GROUP GIVE JO A CALL ON 55591234



WEEKLY ELDERS GROUP

OUR ELDERS GROUP IS GOING TO START MEETING WEEKLY ON THURSDAYS AT HARRIS ST FROM NOVEMBER 4TH






YARNING SAFE 'N' STRONG

Available 24/7

Yarning Safe 'N' Strong is a confidential phone crisis line for Aboriginal and Torres Strait Islander People and families who need to have a yarn with someone about their wellbeing.

So if you're feeling down, isolated, or just need a yarn, maybe give us a call?

You can yarn safely with culturally suitable counsellors that 'get it', no matter how small or big the challenge.

- Social and Emotional wellbeing
- Counselling
- Medical help and COVID-19 advice
- Drug and alcohol counselling and rehab

Free and confidential

If you're not sure who to call but need assistance, please call our helpful team at VAHS and we can help link you to the right service.

1800 959 563

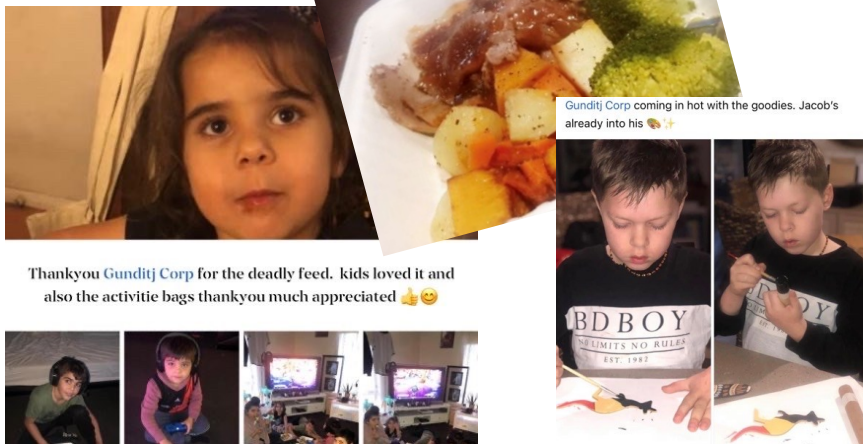
 YarningSafenStrong



COMMUNITY DINNERS

As part of Gunditjmara COVID 19 healing strategy, Gunditjmara has been doing community dinners once a month to help community re connect with one another. During these times of this pandemic has been difficult and Gunditjmara wants to support community through this. Community dinner had over 100 orders and was great to see community coming together, due to community dinner falling on restrictions we had delivery and pickups available.

Community dinner provided a roast dinner and a desert, each age group had different activity packs, elders, adult, youth, and kids, it is important that these activity bags were culturally focused we had lemon myrtle and wattle seed damper, clap sticks to paint, drooping she oak and swamp gum seeds to plant at home, paints canvas and more. We want nothing more for community to feel connected as much as possible during these times. Community dinner has had great feedback from the community, and we can't wait for the **next one that's coming up on October 20th.**



DO YOU KNOW SOMEONE WHO WOULD LIKE TO RECEIVE OUR NEWSLETTERS OR NEEDS TO UPDATE THEIR INFO WITH US?

You can now update your information on our website!

Visit www.Gunditjmara.org.au/Newsletter

