

CEO's Message



CEO Kim Sedick.

Welcome to the September 2016 Rumbalara Heart of Community Newsletter.

It's been an exciting few months for

Rumbalara – achievements have

included the publication of our first research paper ‘Changing the Paradigm to Close the Gap’. Health ministers and other stakeholders have been very interested to hear the results of our research. The paper's key finding is that Aboriginal and Torres Strait Islander people in Shepparton have different expectations compared to the general community about their everyday level of health and wellbeing – or a state of normalised unwellness. Addressing this is the first step to increasing life expectancy.

We are very happy to be launching a new business unit that will provide Rumbalara with an income stream independent of government funding. Read more on page 2.

Rumbalara has also had another excellent year of NAIDOC week celebrations – as

well as more than 300 people attending the great community day, more than 100 children attended the health checks and diabetes education sessions. Read more on pages 2-3.

Aboriginal and Torres Strait Islander pride flying high during NAIDOC Week

Rumbalara Aboriginal Cooperative has partnered with the Greater Shepparton Council to organise specially designed NAIDOC week flags. The flags were flown for the first time at 35 entrances across the region.



The three flags.

The flags were designed to celebrate the strength and contribution of Aboriginal and Torres Strait Islander people living in the Greater Shepparton Region.

Award winning local Aboriginal artist, Troy Firebrace, designed the flag that represented Aboriginal people. It flew alongside a flag based on artwork by Torres Strait Island woman Gail Mabo, and a flag displaying the emu and rainbow from Rumbalara Aboriginal Cooperative's logo.

Rumbalara launches new business arm

Just in time for spring, Rumbalara is launching an exciting new business unit: Ngu Banuth Home and Personal Care. Ngu Banuth will be headed up by Jess Barnes, who will be responsible for in-home and personal care, and Matty Atkinson, who will be responsible for home and garden maintenance.

Although Rumbalara is a large organisation with a number of programs, all of these share one thing in common – their funding is provided by government. Being wholly reliant on government funding makes Rumbalara vulnerable to policy changes and means that we have to account to government as to how we spend our money.

Ngu Banuth Home and Personal Care will change this.

Ngu Banuth translates to 'give back' and Matty and Jess chose this name because all of the profits generated from the services will be invested back into the community - by taking on more Aboriginal workers and

improving Rumbalara services. Because the funds will be generated by Rumbalara, we will be free to choose how to spend them ourselves.

In the trial period, the service will be available to people on home care packages in the Shepparton/Mooroopna area, however the intention is to expand it to all community members and in the longer term to more of

Rumbalara's service locations.

With a team of mostly Aboriginal workers led by Matty and Jess, elders and

community members can be reassured they will get the respect and high quality services they deserve.

We'd like to ask for your support as we establish this business unit. If you, a friend or family member are interested in taking up the service, please contact your home care package manager or email Matty (matthew.atkinson@raclimited.com.au) or Jess (jessie.barnes@raclimited.com.au) for a free quote.



Business leaders Matty Atkinson and Jessie Barnes.

Rumbalara celebrates NAIDOC week with the community

This year, Rumbalara invited a number of other organisations in the Goulburn Valley

to partner in our NAIDOC week celebrations. We were very pleased to join with the Victorian Government, Goulburn Valley Primary Care Partnership, the Department of Human Services, the Greater Shepparton City Council, Shepparton Police, Ambulance Victoria and the Gallery Kaiela for our breakfast and flag raising ceremony and family fun day.

The breakfast and flag raising ceremony included a traditional welcome with smoke ceremony, didgeridoo playing and cultural dancers.



Naidoc Breakfast & Flag Raising Ceremony

The family fun day included a large number of exciting activities, including a mobile zoo, boomerang painting, didgeridoo workshop, individual spirits dance and precious memory recordings.



Zoo to You

Generous gift to Rumbalara Elders Facility

Rumbalara Elders Facility residents are thrilled to have been given a stunning turtle sculpture by a group of young people from Kildonan Uniting Care's Aboriginal Youth program.

The group spent six months carefully crafting the sculpture from scrap sheet metal, bike chain, exhaust pipe, horse shoes and red gum.

The group presented the sculpture during NAIDOC week on 14 July and it holds pride of place in the facility's entrance foyer.



Turtle Sculpture

Elders go for gold in Olympic tournament

To celebrate the Rio Olympics, Rumbalara's Elders Facility has held its own tournament. Elders were divided into two teams – the red team and the yellow team. Elders dressed up in their team colours for the opening ceremony, with Peter Allen's 'Rio' on loop.

Elders competed over two weeks in various events including wheelchair racing, bed

making, ribbon twirling, synchronised swimming and hula hooping.



The red team.



The yellow team.

Upcoming community activities

- Youth Support Services / Justice Services – Camp 26th & 27th of September
- Carers Information Session with RAC & Berry Street – 25th October
- Cultural Information Session – Family First Alliance – 10th November

Puzzle competition!

The find-a-word puzzle below contains a number of words related to Rumbalara. Find the ten words and drop the completed puzzle in at one of the Rumbalara reception offices, or take a picture and email it to Yasmar.Lovett@raclimited.com.au by 21 September. The winner will go into a draw to win a \$25 voucher!

H	A	Z	B	Q	M	Q	M	N	R
R	E	S	P	E	C	T	G	C	U
F	A	M	I	L	Y	U	U	L	M
D	S	J	X	E	B	L	S	F	B
K	M	F	D	A	T	G	D	B	A
Y	T	I	N	U	M	M	O	C	L
H	R	U	R	E	D	L	E	T	A
P	T	E	W	O	B	N	I	A	R
H	N	K	A	Q	E	M	U	R	A
U	S	D	T	E	B	G	L	C	K

Word list

Community
Elder
Family
Pride
Respect

Culture
Emu
Ngu Banuth
Rainbow
Rumbalara