

# Mullum Mullum

## Indigenous Gathering Place



January 2015



MMIGP Youth Cultural Learning Group 2014



Website - [www.mmigp.org.au](http://www.mmigp.org.au)



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# General Manager's Corner



Happy New Year!

On behalf of the Mullum Mullum Indigenous Gathering Place Board of Management and Staff I take this opportunity to thank you and your family for your continued engagement throughout last year. We look forward to another busy year.

At our Christmas party in December we had over 250 community member in attendance, with approximately 130 gifts from Santa to our children. Santa was very busy. The Department of Human Services, Centrelink - Eastern Region Executive Team contributed over 50 gifts. Many thanks to Centrelink for their kind donations. Thanks to Uncle David Farrall (Vice Chair) for his help at the Christmas party we appreciate your much needed help. Thanks to Karen Milward (Chairperson) for suggesting a fan for Santa.

Thank you to Aunty Zeta Thomson (Director, Cultural advisor) for the work with the young women who performed at the Christmas party in both song and dance. The Cultural Youth Learning Group will recommence in February 2015 (see flyer). The Cultural group caters for primary school and above aged children.

Our Community Choir performance was another highlight of the day, many thanks to our Choir members for their outstanding performance. The Choir also performed at the Belgrave Survival Day on the 26th January 2015 with the aid of four guitars and one of Aunty Daphne Milward compositions. They sound great and the feedback was super positive.

The vacant Access and Support role has now been filled by Nicole Bloomfield (see page 5). Please make Nicole feel welcome.

## **Upcoming activities / events**

2nd February - Community lunch with 3KnD outside broadcast - all welcome (see flyer)

5th of February - Planned Activity group recommences (see flyer)

10th of February - Burrai parents play group recommences (see flyer)

10th of February - Cultural Youth Learning Group (see flyer)

12th of February - Family History recommences (see flyer)

13th of February - Anniversary of the Australian Government Apology Event (see flyer)

20th of February - Jobs, education and Family services expo - (see flyer)

23rd and 24th of February - Pre-employment sessions over two days - (see flyer)

26th of February - Monthly Youth Network - Mini Golf (see flyer)

2nd of March - Community lunch and feedback forum (see flyer)

14th of March - Community / Reconciliation BBQ (see flyer)

30th March / April - School holiday activities (to be advised)

17th of April - MMIGP Health Conference for service providers and community (to be advised)

To be advised - Aboriginal Mental Health First Aid Training

For Cultural Youth Learning Group participants we hope to have a 3 to 5 day culture camp during the March/ April School holidays. Updates will be provided at Cultural Youth Learning Group.

If you have any other suggestions for activities or events please call or send me an email. Keep up to date with us via our facebook page [www.facebook.com/mmigp](http://www.facebook.com/mmigp)

Kind Regards, Les Chessells (General Manager)

# MMIGP Community Choir



Belgrave Survival Day is an annual event on January 26th (Australia Day) and presents an opportunity for people in the area to celebrate the survival of Australian Indigenous people, our culture and heritage. 2015 marked the eight year for Belgrave survival day .

As part of the days celebrations and entertainment the MMIGP Community Choir performed for the crowd, the feedback from those in attendance was positive for our deadly choir. Congratulations to all involved in the choir you did our MMIGP community proud.

As you can see the choir is an opportunity to express yourself through music, whilst at the same time having a lot of fun and connecting with community. So whether you play the guitar, clap sticks, can sing or contribute to the choir in your own unique way your welcome to come along and join in.



MMIGP Community Choir @ MMIGP Family Christmas Party



MMIGP Community Choir after singing live on 3KND

# MMIGP Christmas Party

December marked the end of another busy year and what better way to celebrate the festive season but with another huge Community Christmas Party. With over 250 people in attendance you could definitely feel the Community spirit.

Highlights of the day included the girls from the Youth Cultural Learning group led by Aunty Zeta Thomson. The girls performed both dance and song for the community.

The MMIGP Community choir had everyone singing along with their very aussie Christmas carols before everyone came together to share lunch. A huge thanks again to Hot Rods for providing such an amazing spread.

The petting zoo, jumping castle, balloon artist and face painter kept the young people entertained.

And what would a Christmas party be without a visit from Santa. Thanks to Santa and some special helpers for distributing over 130 presents to all the children.



# Aboriginal Mental Health First Aid Training

Lucy Havea and Les attended the Aboriginal Mental Health First Aid training facilitated by Miranda Madgwick from Ngwala Willumbong.

## What the course covers

- Aboriginal and Torres Strait Islander social and emotional wellbeing
- Mental health problems in communities
- Mental health first aid strategies for working with Aboriginal and Torres Strait Islander communities.

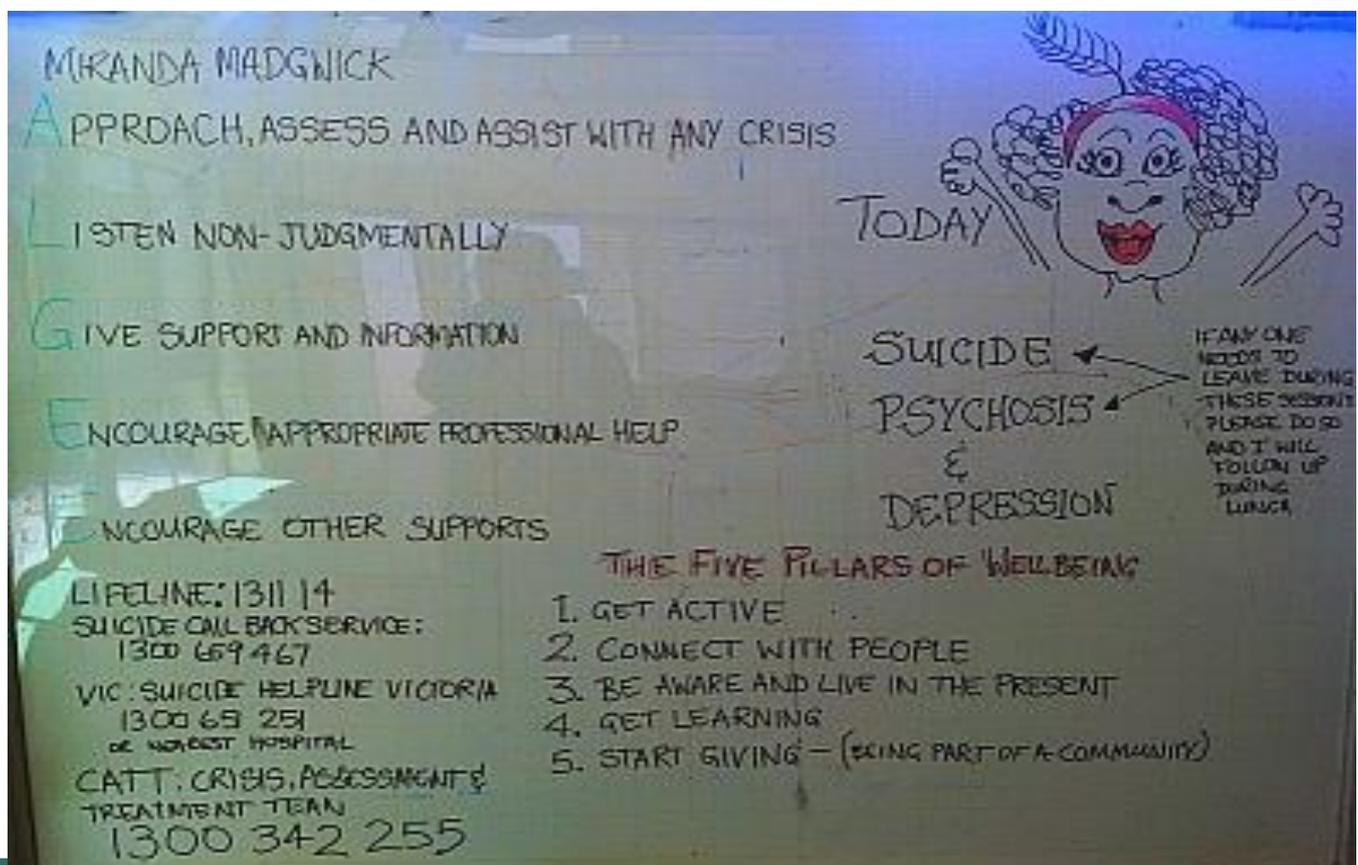
## Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Eating disorders
- 

## Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

We hope to make this training available for community members in April / May 2015. Please keep an eye out our Facebook page for further information .



# Access and Support

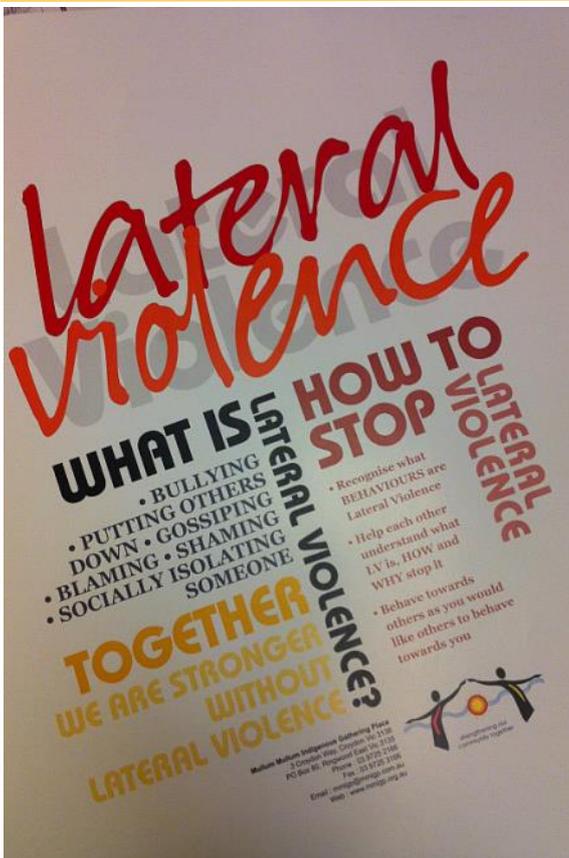
I am a proud Wiradjuri woman with over 20 years' experience working in Indigenous affairs in Victoria with the last 7 years being in HR, recruitment in roles such as the Business Operations Development Manager Victoria/Tasmania, Indigenous Employment Co-ordinator at La Trobe University. I am actively involved with community groups such as the Korin Gamadji Institute – Richmond Football club and Darebin Aboriginal Community Council.



I was recently working at the Dandenong District Aborigines Co-operative managing Family Services, Youth programs, Social Emotional Wellbeing program, Bringing Them Home, Home and Community Care program, Aboriginal Best Start, and Boys on the Bounce. I enjoyed being in the team at Dandenong Aboriginal Co-operative and establishing relationships and partnerships with other local services and agencies.

I am a peaceful person who enjoys having fun with my family and friends, fulfilling tasks and achieving goals. I am passionate about creating a positive ways forward for the Indigenous Community to enable a rich vibrant culture and looking forward to enhancing services for the Elders in the Eastern Region. For the next generation and stamp out the negative in our Community. So please come down to Mullum to have a cuppa and yarn and I look forward to meeting you real soon.

## Lateral Violence



Would you like to learn more about this issue and be a part of working with the community for a future without lateral violence

The key themes discussed around the issue of lateral violence include;

- What Lateral Violence is and how it occurs in our communities.
- Talk about cultural safety
- Share stories about what has happened
- Share stories about what other communities are doing to tackle this issue.

It's an opportunity to work together to look at creating a 'yarning cultural safety circle' to help stop the gossiping and lateral violence that you and/or other people you know might be experiencing.

If you would like to register your interest in attending a workshop to tackle the issue of lateral violence please contact MMIGP on 9725 2166.

# Youth Fundraising Opportunities

On the 14th March 2015 at our Reconciliation / Community BBQ Karen Miward will facilitate a Youth fundraising information session between 2pm and 3pm. The session will provide information about what training will be offered, what fundraising opportunities will be available and the benefits to the young people. Our Youth will provide input into the design of MMIGP's fundraising action plan.

A majority of the proceeds through the Youth Fundraising initiative will go towards the MMIGP building fund. A percentage of funds raised will be returned to the fundraiser to help pay for school books, driving lessons, sporting equipment, school camps and other saving initiative's as agreed to with the young person ( e.g car).

The top three Youth fundraising participants will also be rewarded at the end of the year with an all expenses trip to Luna Park followed by dinner by the sea.



## STAFF UPDATES

Congratulations to Carloyn Dawe for completing a Cert IV in Community Development through Swinburne University.

Congratulations to Vanessa Scales for completing a Cert IV in Community Development through Swinburne University.

Congratulations to Lucy Havea for being accepted into the Institute of Koorie Education , Deakin Uni- Bachelor of Laws



Thank  
You

Big thanks to Vanessa for all her work at MMIGP over the last 3 years. We wish her all the best in her future endeavours.

Big thanks to James Cusick for his contribution and support to MMIGP. We appreciate James' continued assistance as a volunteer at the food bank every Wednesday.

Big thanks to Merarth Tarrant for her skills and expertise in the Access and Support role. We wish her every success in her future career aspirations.

## MMIGP Staff Details

Les Chessells	General Manager	manager@mmigp.com.au
Carolyn Dawe	Administration Manager	administration@mmigp.com.au
Georgia Harris	Indigenous Community Links Coordinator	Indigenoulinks@mmigp.com.au
Nicole Bloomfield	Access and Support	aas@mmigp.com.au
Jackie Harney	PAG Worker	elderspag@mmigp.com.au
Lucy Havea	Local Koori Justice Worker	justice@mmigp.com.au

## MMIGP Funding Support

MMIGP are provided funding from the following;



- Health Coordinator
- AHPACC
- Access and Support
- PAG



- Local Koori Justice Worker
- Culture Group



- Neighbourhood House



Australian Government

Department of the Prime Minister and Cabinet

- Indigenous Community Links Coordinator



- Health Promotion