

# Mullum Mullum

## Indigenous Gathering Place



## September 2011 Newsletter



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



Mullum Mullum Indigenous Gathering Place  
3 Croydon Way, Croydon VIC 3136  
PO Box 80, Ringwood East VIC

Phone: 03 9725 2166  
Fax: 03 9725 3166  
[mmigp@mmigp.com.au](mailto:mmigp@mmigp.com.au)





## A message from Management



Well winter is almost over and MMIGP has been busy planning a range of activities throughout the coming months. The cooler weather hasn't stopped the activities from flowing with the recent launch of the Brutha's Day Out Showcase, Mothers Lunch, Pilates and much more.

MMIGP is sad to say goodbye to Jamie who departed from his role as Men's Worker in early August to take up an equally important role with Boorndawan Wilam Aboriginal Healing Service. Jamie in his 12 months with MMIGP has contributed to the success of a number of programs including the men's group and the Brutha's Day out program, along with the culture and dance group. We at MMIGP would like to recognise Jamie's contributions and that of his family and thank them for the support to the establishment of some new initiatives for MMIGP.

We are also pleased to announce the arrival of two new staff. Jackie Harney joins MMIGP as the Elders Planned Activity Worker coming to MMIGP with many years experience working within the grass roots of the local community. Belinda Hudson also joins us as the Community Support Liaison Officer. Belinda has a range of community based and corporate skills and is very eager to work with you all out there in community.

Please take some time to read through this newsletter as there have been a number of new programs introduced and some slight changes to times of existing programs. We look forward to your ongoing participation within programs and your feedback that will inform the planning of future programs.

A reminder also to follow us on Facebook where we post weekly reminders of activities and our website [www.mmigp.org.au](http://www.mmigp.org.au)





# Youth Network



## **MMIGP Youth Holiday Program:**

The Term 2 Holiday program was once again a huge success with many new young people joining our Youth network. The program kicked off with the movie *Cars 2* at Hoyts, Eastland with 24 participants.

Our second activity was the group Art Project at Patterson Street. The participants painted 3 canvases which will be displayed at our second site in Ringwood East.

Our third and final activity was a Deadly Disco! that was DJ'ed by community member, Mark Thomson.

Thank you to MMIGP Staff and Volunteers for their assistance during the activities and we look forward to seeing you all in the Term 3 program.



## **Youth Digital Story Program:**

The MMIGP Youth program has been reshaped to make way for a new and exciting Youth Digital Story program. MMIGP is calling out to Indigenous young people aged 11 to 15 to participate in a 6-week Digital Story program. This program is about our young people creating a story about showcasing their connections to culture.

For more information about upcoming Youth programs—please see flyer attached for next Youth Holiday program.

Please contact Thomas or Shannon on (03) 9725 2166.





## Women's Network

The MMIGP Women's program has been coming together once a week stretching it to the max with Pilates. The women have found it to be a stress free relaxation technique and have enjoyed the tranquil movements with easy breathing.

As from **Thursday 25th August** all women interested are invited to come along and have ago at Yoga! This will be a 5 week program run every **Thursday from 2pm to 3pm, held at 47 Patterson Street, East Ringwood – you don't need to be an expert this is an opportunity to participate in Yoga in a culturally safe environment.** Yoga lessons are provided by trained instructors, and MMIGP would like to give all our sisters an opportunity to relieve some tension and keep active.

In July we also had our first Mothers lunch—where women from within community come together to share lunch and stories about parenting and managing busy schedules. The next planned Mothers Lunches are planned on:

*Tuesday 20th September - Picnic BBQ Lunch at Ringwood Lake*

*Wednesday 16th November - Picnic Lunch at Healesville Sanctuary*





## Men's Network and Brotha's Day Out

On June 5<sup>th</sup> and June 26<sup>th</sup>, Indigenous men come together to celebrate and share their story. The EMR Brutha's Day Out (BDO) events brought together young men, community leaders and Elders to speak about the issues which affect Indigenous men.

The open discussion ignited the spark with many men and pushed for reasons for more activities across the EMR for Aboriginal men.



Highlights of the events included:

- *Men's behavior change workshop – Facilitated by Alan Thorpe*
- *Lateral Violence workshop – Facilitated by Richard Frankland*
- *Counseling opportunities – provided by Relationships Australia - Victoria (RAV)*
- *Possum Skin Cloak - each participant drew a cultural design which was transferred to a possum skin. The skins will then be sewn together to form a cloak.*
- *Digital stories were recorded at both events and a DVD was available to BDO participants at a celebratory dinner on Thursday the 11<sup>th</sup> August 2011.*
- *Sacred fire and food ceremonies*
- *Musical performances*
- *Cultural dance performances*

The Brutha's Day Out Showcase event was held on Thursday 11<sup>th</sup> August at the Karralyka Centre, Ringwood. A gracious Welcome to Country was presented by MMIGP Men's Group member and Elder, Uncle Eric Peters to begin the event. The highlights of the showcase included the presentation of 2 DVD's which captured both BDO events and the unveiling of the Possum Skin cloak created by men involved in the events and men's groups in the region.

A special thank you to all the men and families that attended and participated in the Brutha's Day Out Showcase. **The planning date flyer for the next Brutha's Day Out is attached**



### Pool Competition

The MMIGP Men's Network - Pool Competition came to a close with community member, Kevin Dawe winning first prize. Congratulations to Kevin for the win. The men's group continues to run fortnightly with the next group taking place on Wednesday 7 September 2011, commencing at 6.00pm at 47 Patterson Street, Ringwood East.



## Community Cultural Group

The Community Culture Group is a great opportunity for parents and children to come together and share in one another's culture. At the most recent culture group on 17 August 2011 we had a very strong attendance and we took an opportunity to celebrate individual and family journeys through the development of a wall display with photos and stories about the highlights for participants over the past 6 months.

Each participant was encouraged to select two photos that were special to them and compile a poster about their learning's. At the end of the group the participants were asked to share why they choose a particular photo and below was some of the feedback.

**Every Second Wednesday from 5.30pm – 7.00pm**

**Cultural Dance Group Practise 5.00pm - 5.30pm**

***Next Community Culture Group – 14 September 2011***

**47 Patterson Street, Ringwood East.**

**Please RSVP for catering purposes to Shannon or Thomas (03) 9725 2166**



**Matthew – Aged 5** "I chose this photo cause it was the first time that I Gunnai danced."



**Emily - Aged 8** "I chose this photo cause it shows my Dad cultural dancing. It makes me very proud."



**Jayden - Aged 10** "I chose this photo because it makes everyone laugh."



**Kayn - Aged 12** "I loved this camp, I made lots of new friends and learnt about being a leader to young people."



## Cultural Dance Group

The Mullum Mullum Cultural Dance Group has continued to grow in numbers of participants and dance ceremonies. The group have performed at many events across the region including MMIGP Reconciliation Morning Tea, The Long Walk and MMIGP NAIDIOC Family Day.

The Cultural Dance Group also received a great honour in being presented with the 'Eastern Metropolitan Region NAIDOC 2011 Indigenous Youth Arts Award' at the EMR NAIDOC Ball on Friday 8<sup>th</sup> July. In regards to bookings & upcoming dance performances, please contact Thomas on (03) 9725 2166 or [mensworker@mmigp.com.au](mailto:mensworker@mmigp.com.au)



## Burrai Playgroup

Burrai Playgroup will still continue to run on Tuesday (fortnightly) from 10.30am to 1.00pm with the next playgroup on **6 September 2011** and fortnightly after that. Participants will continue to meet at 47 Patterson Street, East Ringwood.

During Term 3 we as a group have been focusing on **Cultural Learning** - *'To become proud of our identity and environment, to feel pride in our achievements of learning to learn.'*



We have had some guest speakers from Maroondah EACH, who introduced themselves to our mothers and informed them of what was available through their organization.

Most parents were interested in Dental visits, Behavioral Management, Nutrition and Dieticians which will be incorporated into the Burrai program in the near future.

For more information about the Burrai Playgroup, please contact Shannon on (03) 9725 2166.



## Elder's Network

Elders have been enjoying international food outings including: Chinese, Greek & Italian. Indian, African & Vietnamese are next on the taste bud trail.

### **In House activities:**

A guest speaker from Travellers Aid spoke about how they can assist people with Train tickets, a platform buggy service, disability service with trained workers, showers, internet, fully equipped mother's room, and sleep rooms if you need a nap.



If you need to get to appointments in the city, a volunteer will pick you up from the station and bring you back (must make a booking). This is a wonderful service for travellers operating from Flinders Street and Southern Cross Stations.

### **Bram Morton: Senior Clinical Adviser Youth Mental Health**

Bram spoke to the group about how important it is to care for your mental health. Bram presented posters explaining how the brain works and how mental illness can affect the brain. He spoke about causes and symptoms of mental illness. Elders received a pass to the Peninsula Hot Springs & a relaxation CD. Elders were fascinated with Bram's information session and have requested a return visit.

### **DATES TO REMEMBER:**

- **Sept 8<sup>th</sup> In-house Activity - "OUR GENERATION" documentary by Aboriginal Elders**
- **Sept TBA: Pecan Summer Deborah Cheetham (short opera)**
- **Oct TBA: Guest speaker from VALS (Family Law)**

**For further information or to register your booking please contact: Jackie Harney PAG or Bronwyn Scott HALO on (03) 9725 2166.**



## Elders PAG

Hello my name is Jackie Harney, I am a Gunnia woman from Orbost in East Gippsland and I am the new PAG worker here at Mullum Mullum. Previously I worked at Maroondah Hospital as Aboriginal Liaison Officer for 12 months, before that I worked at Edvos (Eastern Domestic Violence Outreach Service) as Indigenous Family Violence Outreach Worker for 14 months and I spent 7 years at Elizabeth Hoffman House Aboriginal Womens Refuge, I am looking forward to be working with our Elders in the community.







## Foodbank

Food Bank is running excellent due to the fantastic work by the volunteers.

Please remember to bring your green bags and cooler bags.

It is important to take frozen items straight home so they don't thaw out.

Fare share deliveries have been on a Wednesday morning so if you could pick your box up between 12.45pm and 1.45pm that would be great. Please check our information board at 47 Patterson Street for weekly Foodbank updates.

To order a box you must ring MMIGP the MONDAY prior to FOODBANK by 4.00pm.

You must be a member of Mullum Mullum Indigenous Gathering Place, living in the EMR with a current Health Care Card



## Health Promotion Officer – Position Vacant

MMIGP are currently recruiting for a part time Health Promotions Officer to oversee our Foodbank and volunteers program along with supporting the team to implement our Health Promotion Plan. For a full copy of the position description please contact Carolyn Dawe on 9725 2166 or email - [mmigp@mmigp.com.au](mailto:mmigp@mmigp.com.au).

*Position closes 9 September 2011.*



## Community Support Liaison Officer (CSLO)

My name is Belinda Hudson and I have been lucky enough to be appointed the Community Support Liaison position (CSLO). I look forward to offering a useful referral & information service to all of our community members.

I am a Gunai/Kurnai woman and I have lived in Croydon since 1989, after growing up in Brunswick. I am currently in my 2<sup>nd</sup> Year of a Diploma of Community Services at NMIT – Preston Campus focusing on being Indigenous issues. My background is in Community Teaching - Health & Fitness, Outdoor Adventure & Bush Skills.

I will be available Monday to Friday to all our community. I am also able to assist our members with Computer & Internet access, which is available for you to use.

I am really looking forward to meeting you all and working with the community.

If you would like information, referrals or computer/internet assistance or access, please feel free to contact me at any time:

**Belinda Hudson**





## Assistance Required

**Aquinas College** is assisting two brothers from Daly River, NT, aged 14 and 15 to enrol in secondary school in the Eastern Suburbs. They are looking for somewhere for the boys to live in a paid homestay arrangement for 6 months to a year, with the potential for a longer period of time.

If you or someone you know is able to assist, please contact Suzanne Fernandes at the college on 9259 3043.



## HALO (Home & Community Care)

Do you need some assistance at home? A trained worker can help you with cleaning jobs that are difficult for you such as the bathrooms, floors, kitchen, washing, changing linen on beds or shopping. Some of our Elders have been to respite just to have a relaxing break.

The HALO worker is available to assist you with. Respite care, home care, and property maintenance, arrange community transport, food services, personal care, home from hospital, home and hospital visits, talking with your GP, referral to aged care or disability services, free medication if you receive a pension or health care card, social support & activity groups.



HALO will visit you in your home or you can pop into MMIGP ask for Bronwyn.



## Fundraising – Market Day

MMIGP is looking for members to develop a Fundraising Committee. This committee will oversee the development of fundraising events to support the MMIGP Building Fund.

**MMIGP Market Day - 1 October 2011**

**47 Patterson Street, Ringwood East**

**10.00am - 3.00pm**

If you would like to become a member of the committee and have background in events and marketing, please contact MMIGP on (03) 9725 2166.