

## BOARD OF MANAGEMENT UPDATE

Please note the changes to Waminda's Board of Management as of March 2017

Lyn Larkins Carriage - Chairperson  
Aunty Gail Wallace - Vice Chairperson  
Carol Thomas - Treasurer  
Jamie Key - Secretary  
Lisa Braddick - Director  
April Jones - Director  
Aunty Alison Aldridge - Director

## NEW STAFF

We would like to welcome the following new staff to Waminda - employed within January to March 2017:

Lynne Dooley - Project Manager  
Dr. Michelle Spelman - Registrar  
Patricia Wright - Program Support Worker  
Sophie Clayton - Project Manager  
Melanie Williams - Program Support Worker  
TeHika Hepi - Maintenance Officer

## ACCREDITATION

Waminda passed their RACGP Accreditation in February! Congratulations to all staff involved with the preparation for the assessment. It was a mammoth effort and we have a set a very high standard across both RACGP and the Health and Community Services standards (QIP) which is evident in our process and the way we work.

Congratulations to Amelia Collins, our Nabu - Family Programs Manager, from your Waminda family for your marriage to Dwayne Bannon-Harrison in March. You were a beautiful bride!



## PAMPER DAY DATES

St George's Basin Community Hall	24th May	13th Sept
Kiama / Gerringong Gerringong Town Hall	5th Jun	16th Oct
Nowra/Bomaderry Nowra Showground	14th Jun	20th Sep
Jerrinja - Seagull Lodge	23rd Jun	20th Oct
Wreck Bay Community Hall	-	26th Oct
Ulladulla Dunn Lewis Centre	-	6th Sep
Coomaditchie Hall at Coomaditchie	-	18th Oct



South Coast Women's Health & Welfare Aboriginal Corporation

## NEWSLETTER - APRIL/MAY '17

## GUNYAH



GUNYAH GIRLS & ELWYN

PHOTO: HEIDRUN LOHR FOR WAMINDA

Gunyah took place on Saturday the 8th of April at the Jervis Bay Maritime Museum from 1pm – 6pm. Approximately 900 people attended the event which was created to celebrate, showcase and encourage South Coast Koori Cultural immersion. Community and visitors came together for the experience in the Shoalhaven which provided a platform for South Coast Cultural artists to express their connection to the South Coast and for emerging artists to expand their practice.

The space was set up on a traditional meeting place on Currumbene Creek (Jervis Bay Maritime Museum currently situated in this area). Several gunyahs (shelters) were built by the Vincentia High Rangers program, Raymond Timbery and several other deadly lads that came along and helped. Each gunyah had its own cultural expression such as painting, shellwork, weaving, woodwork/ tools etc. The photos from the Jerrinja Exposed exhibition were also on display.

People were able to taste traditional foods cooked with a contemporary twist, hear language sung, sit and have a yarn with artists and elders, share stories, learn weaving, go on a bush tucker walk, create a piece of shell art, beautify themselves with hair wraps and lemon myrtle lip balm plus much more.

The afternoon ended with a stunning performance, inspired by traditional dances, by the Doonooch Dancers and young community members from Bomaderry High, Shoalhaven High, Nowra High, Vincentia High, Jervis Bay Primary, Sanctuary Point Primary and Nowra Anglican College. The young dancers absolutely shone, representing their families and Community, their sense of pride in their Culture was inspiring.

Many people spoke of the atmosphere and how good it was to see so many people from Community together for a positive occasion. The standard and diversity of the art was incredible with several pieces sold and commissioned.

The feedback received on the day was to have more food, more stalls, more demonstrations, more events, more, more, MORE...

We would like to take this opportunity to say a massive thank you to everyone involved for the amazing work and energy you brought to Gunyah.



Waminda - South Coast Women's Health & Welfare Aboriginal Corporation

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## INTRODUCING NYULLY TUCKER

**Waminda** is very proud to introduce our new Social Enterprise Development Project, known as Nyully Tucker! **Nyully** is a Dharawal word for 'food' and was chosen by consultation with our Cultural Committee.

**Nyully Tucker** will grow to be a group of supported hospitality businesses. We are building workplaces from the ground up, with ongoing support and advice from members of the community, that will reflect the needs, abilities, interests and experience of our local women. They will be different from mainstream employers in some ways because they will embrace Koori Cultural practices, and be made by and for the women who need it. The opportunity to be involved in meaningful work creates another pathway to health and well-being, and benefits the employees in many ways, as well as their families and communities.

To start with, we have been busy catering for a number of in-house catering jobs; we are whipping up food for our community Pamper Days, for the Women's Wellness Festival, for staff training and client workshops, and for the Cancer Council's Biggest Morning Tea. We are using the best and freshest local produce to make food which is both delicious and nutritious - and sharing our recipes and nutritional philosophy. We have big plans for a number of venues in the Shoalhaven area, including our very own food truck to bring our food to the world! Our staff are really enjoying combining their love of cooking with their work and sharing our tucker - and the response from all the hungry bellies we are feeding has been amazing!



SOPHIE CLAYTON, GLENDA DIXON & LORRAINE TRINDALL

Key staff currently are Glenda Dixon and Lorraine Trindall. Both have backgrounds in hospitality and have been working part time for Waminda in Transport and Horticulture for some time. This new position will guarantee them more hours and an opportunity to expand on their skills and knowledge. They are both keen to move into new, challenging roles that let them explore themselves creatively through food! Sophie Clayton is helping to build the project and is thrilled to be involved in such an innovative project.



NYULLY TUCKER LUNCH SPREAD - SOPHIE CLAYTON - PROJECT MANAGER

## JERRINJA STROKE AWARENESS WORKSHOP

**On Friday March 31st** in conjunction with Waminda's health worker outreach day to Jerrinja, a **Stroke Workshop presentation** was conducted as an initiative by community member Aunty Lyn Larkin.

The workshop was attended by the older women's group and Jerrinja community, and provided information and discussions about the risk factors of stroke warning signs and what to do, as well as a presentation from Aunty Lyn about life after suffering from a stroke.

There was a great open discussion with the Stroke Foundation's representatives and an extremely informative presentation by Alvina Blooms (Pharmacist) about medications, interactions and stroke awareness.

Feedback was positive and we look forward to having more workshops / support days in the future.

For more info about stroke symptoms visit: [www.strokefoundation.org.au/en/About-Stroke/Stroke-symptoms](http://www.strokefoundation.org.au/en/About-Stroke/Stroke-symptoms)

## RED DRAGON - WAMINDA'S NINJA WARRIOR QUEEN

'They call it the toughest obstacle course on the planet... Ninja Warrior!!

I have always wanted to be a Ninja since I was a kid. I was pretty excited when 'Ninja Warrior' said they were coming to Australia, but of course doubted my ability to go up against the strongest men and women in Australia. I had friends and family coaxing and swearing at me to go through with my application.

It took me so far out of my comfort zone, and that's where change happens. Its only in this space where you learn something about yourself, or grow, become stronger mentally, physically, emotionally etc. It's an exciting space to be in, even if it is completely scary. I want to be the best person I can be, so I can facilitate change in other women to the best of my ability. It's what I try to do every day at work with the "Dead, or Deadly" women. Using exercise as a tool to create change in other areas of their lives is really my passion. It's so much more than being physically fit, that's just the surface stuff.

It's also why I like obstacle racing, competing often in the Spartan events. If you can get through, under, over or whatever obstacle they put in front of you, it can translate into other areas of your life, to help you through the tricky parts we all experience as complex human beings!



RED DRAGON (WILLOW)  
AT KAREELA NGURA - TERARA

Having to overcome my fear of cameras and being in the public eye, was a huge learning curve. I had hypnosis / counselling to get through it and learnt about the deeper, darker side of why I like to hide away on the South Coast. I had to create another name so it wasn't me out there on National television - it was 'Red Dragon'. 中 (Red Dragon symbol)

Thanks to all my friends and family who really supported me and those that came to Ninja Island for filming! I hope it gave the women at work, and hopefully others, inspiration to believe that **ANYTHING IS POSSIBLE**. You can change your mindset. You can change your life. **In every moment we have a choice.**

We can't reveal any outcomes but it's guaranteed to be a cracking TV series, airing on channel 9, with some incredible athletes from around Australia.'

**Willow Firth - 'Dead, or Deadly?!' Program Coordinator**



RED DRAGON IN TRAINING

## WOMEN'S WELLNESS FESTIVAL

The Shoalhaven Women's Wellness Festival was held on Friday 17th March 2017, at the Nowra Showground. The festival is held annually in celebration of International Women's Day and as per previous years, this event was seen as a great success.

This year's theme was cancer awareness, screening and prevention. The event provided the opportunity to raise awareness with regard to a number of concerns that women may face, in addition to creating the space to come together and celebrate local achievements.

Our committee brought together over fifty local health services and information stalls to promote and provide access to service information, referral and engagement pathways for the local community women. It was also a great opportunity to raise the profile of the Shoalhaven, promoting the fantastic local businesses, services, education, training and health professionals the area has to offer.



STAFF AT THE SHOALHAVEN WOMEN'S WELLNESS FESTIVAL