



OUR GUNYAH

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ABN: 99561430099

ICN: 2708

admin@gunidagunyah.com.au

www.gunidagunyah.com.au

34 - 36 FARRAR ROAD

PO BOX 439

GUNNEDAH NSW 2380



TENANT LINE: 1300 764 964

PHONE: (02) 6742 7038

FAX: (02) 6742 6670



STAFF PROFILE

Shantel Simpson
Family Support Worker

What is your role at Gunida Gunyah Aboriginal Corporation?

Family Support Worker in the Warranggal Dhiyan team

How long have you worked with Gunida Gunyah Aboriginal Corporation?

3 1/2 years

Where are you from?

Wee Waa and moved to Gunnedah at the age of 6

Describe yourself in three words.

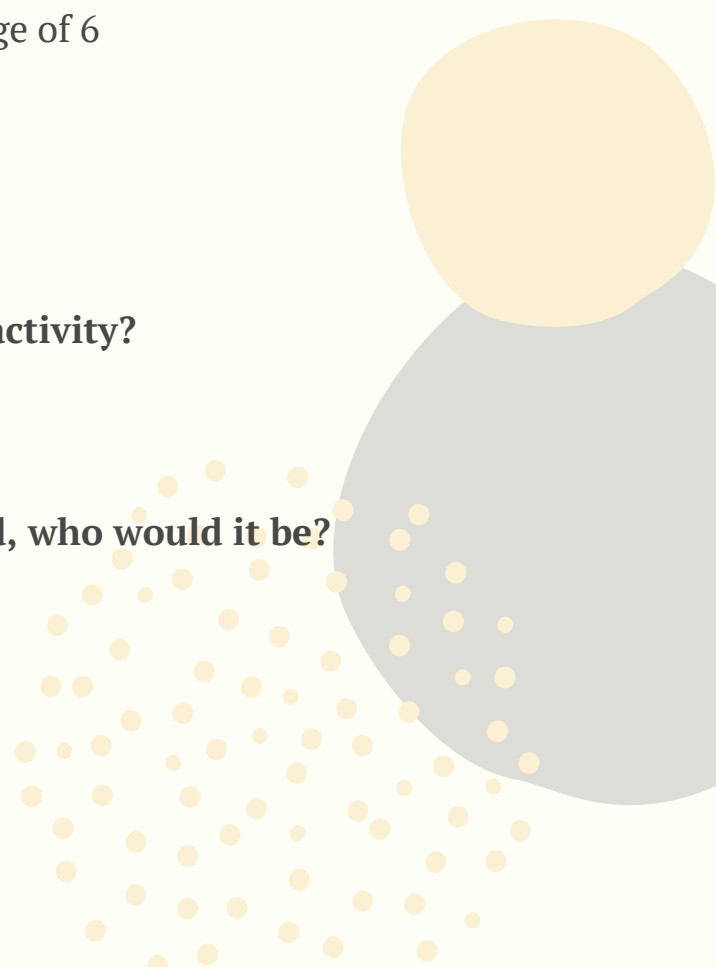
Loyal, Happy & Family Orientated

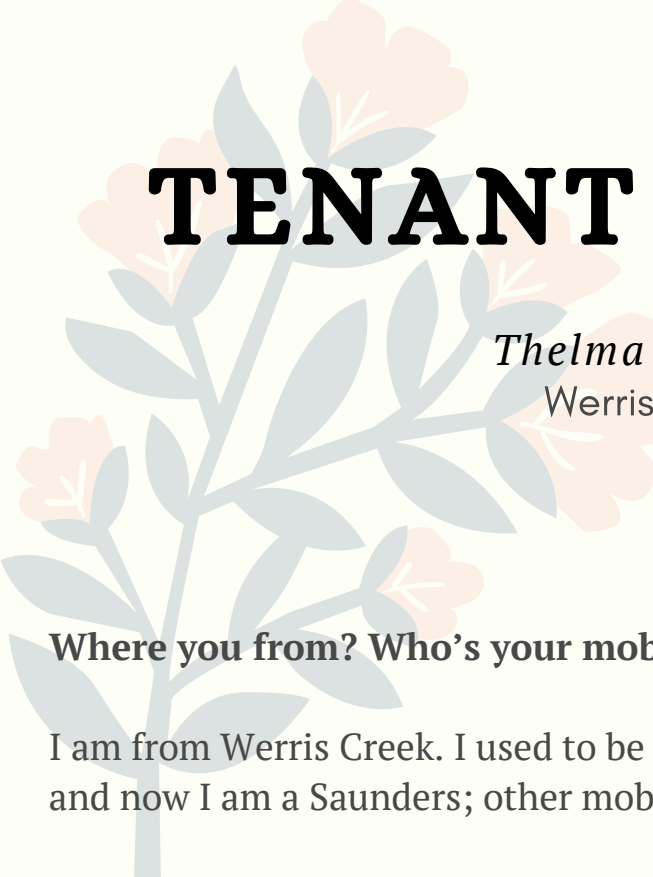
What is your favourite indoor/outdoor activity?

Fishing with the family

If you could meet anyone, living or dead, who would it be?

Dwayne Johnson





TENANT TALK UP

Thelma Saunders
Werris Creek

Where you from? Who's your mob?

I am from Werris Creek. I used to be a Matthews before I was married and now I am a Saunders; other mob is Conlans and Evans.

Tell us a bit about your background. Growing up etc.

I moved to Werris Creek in 1980 and I did my schooling at Murrundi when I was in Primary and then went to Quirindi High School. I did start my nursing when I was younger and completed 3 years of it and only had 12 months to go and fell pregnant, but I do wish I had finished it off. I played a lot of sports when I was younger like hockey, cricket, softball and basketball. I was in A Grade in hockey and run a cricket fundraiser for the Murrundi Hospital.

Who is your role model and why?

My daughter Vannessa, she's a nurse and taught me a lot and helps me through everything and I am blessed to have her and my family.

How would you describe your experience with Gunida Gunyah Aboriginal Corporation?

Pretty good, only a couple of things I've had problems with but that's ok.

How do you define 'culture'?

I think it's amazing, culture is everything and brings people together.

How do you define 'family'?

I love my family, their everything to me; I'd do anything for them and we have a very strong bond.

Is there anything else you would like to share?

Just loving life.



WINTER FIRE SAFETY

You may not realise either, as I always presumed it was during the warmer months, but winter is the peak time of year for home fires. This is due to the higher usage rates for appliances, electric blankets, heaters and other electrical equipment used frequently throughout the cooler season. It's scary how fast fires can destroy homes and lives. Fires can also take hold within three minutes – the same time it would take you to make a cup of coffee! With these few simple rules, you're on your way to having a safe, fire-free winter:

Smoke alarms– Most importantly, remember that only working smoke alarms save lives. Ensure you have working smoke alarms installed throughout your home and test them regularly;

Heaters– When using home heaters, remember to keep everything in the house a metre from the heater, including clothing, curtains, tablecloths and bedding;

Powerboards– Do not overload powerboards – if they're working too hard they can overheat and catch alight, with potentially tragic consequences;

Candles– Keep candles away from curtains and other flammable materials, and don't let them keep burning after you've gone to bed or left the home;

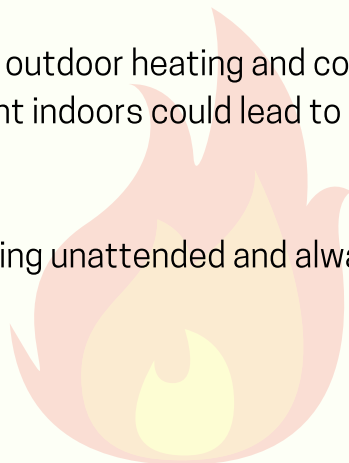
Lighters– Store matches or lighters in a secure place not accessible by young children;

Fireplace– If you have a fireplace in your home, make sure the chimney is clean,.Additionally, place a screen in front of it when in use to prevent embers and sparks from escaping and injuring someone or causing a nearby flammable object to catch fire;

Electric blankets – Check electric blankets for damage or frayed cords before placing on the bed, and never go to bed or leave home with your electric blanket on – always switch it off first;

Outdoor equipment– Do not use outdoor heating and cooking equipment inside your home. The use of this type of equipment indoors could lead to the build-up of carbon monoxide which could be fatal;

Cooking– Never ever leave cooking unattended and always remember to Keep Looking When Cooking;





Youth Service

FOR VULNERABLE INDIGENOUS MALE YOUTH AGED 12 - 15 YEARS.

ABOUT THE SERVICE

Gunida Gunyah's Warranggal Dhiyan program is taking on youth through our youth specific service for vulnerable youth. Support provided through the service includes case management, youth group and youth engagement activities.

The youth service is focused on youth with mental health concerns, behavioural problems and youth who are disengaging with school.

The youth service is looking for Indigenous clients who attend high school or who are disengaged from high school between the age of 12 - 15 years of age.

Parental permission will be required for all participants. Places are limited. A referral can be made by calling us on (02) 6742 7038.

CASE MANAGEMENT

Through intensive case management the program supports youth to identify mental health related issues that attribute to behavioural concerns and lack of engagement at school.

Youth clients will be supported to address and work through the identified issues.

Clients will be given information and advice and will have access to specialist support services including psychologists and counselling, through our referral process.

YOUTH GROUP

Our youth group occurs once a week during school time. The youth participate in a range of positive self reflecting activities that build self esteem, confidence and resilience.

The group is supervised peer led group that works with program staff to co-design youth focused programs, activities & community events for youth.

YOUTH ACTIVITIES

Activities will be delivered to encourage youth to stay engaged with Warranggal Dhiyan. The youth engagement activities have a focus on reinforcing positive social interactions in a safe and culturally responsive environment.

Activities include community outings, cultural activities and life skills development.

Supported Playgroup

FOR YOUNG PARENTS AGED 16 - 24 YEARS

PLAYGROUP

WHERE:

COMMUNITY BUILDING AT
GUNIDA GUNYAH ON FARRAR
ROAD

WHEN:

THURSDAY MORNINGS

WHAT TIME:

10.00 AM - 12 NOON

MORNING TEA PROVIDED

Gunida Gunyah's Warrangal Dhiyan program facilitates a supported playgroup for young Indigenous parents / carers aged 16 - 24 years.

Playgroup gives young parents an opportunity to build social support by developing friendships with like minded peers and relationships with local community agencies.

Young parents can engage with Warrangal Dhiyan staff and access support, information & advice.



KEEP OUR COMMUNITIES HEALTHY

Stay connected to keep our mob healthy and stop the spread of COVID-19

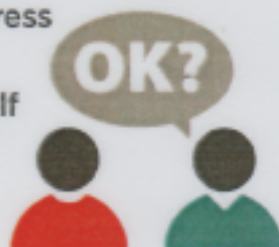
It is important to stay connected and strong as a community during the coronavirus (COVID-19) outbreak. That includes looking after our community wellbeing and mental health.

Keep in contact with friends and family over the phone or online. Talk to people about how you are feeling.



Ask people if they are okay. We need to look out for each other. It's important to think about our levels of stress and anxiety.

Remind yourself this situation will pass.



If you are spending lots of time on social media or watching lots of COVID-19 news on TV, make sure to **take breaks and do something that you enjoy**.

It might be painting, exercise in the house or yard, spending time with your pets, or playing a game with your children.



Keep up to date on information only from trusted sources and help share trusted information with others.



Look after yourself and others.

Ask for help if you need it.



Health



Centre for
Aboriginal
Health

- **Need support?**
Call the Mental Health Line on **1800 011 511**
- **Feeling unwell?**
Call Healthdirect on **1800 022 222**
For more information: nsw.gov.au/covid-19

Anglicare Psychosocial Support Service

This program and is funded by the
Hunter New England Central Coast
Primary Health Network.

phn
HUNTER NEW ENGLAND
AND CENTRAL COAST
an Australian Government Initiative

Contact us

Anglicare Mental Health Services

tamworth@anglicare.org.au

02 6701 8200



Registered NDIS Provider



The Psychosocial Support Service (PSS) is a service in the New England North West region, which will assist people with a severe mental illness.

A severe mental illness is defined as a mental illness where the person is unwell for a long time and the illness affects their day to day life.

Severe illnesses may include psychosis, major depression, severe anxiety, eating disorders and personality disorders.

PSS can support you to identify goals to help you manage your mental health and provide support to help build on strengths and develop skills to reach these goals.



Who is eligible?

PSS is for people:

- with a severe mental illness
- who reside in the New England North West region (Armidale, Bingara, Boggabilla, Glen Innes, Gunnedah, Inverell, Moree, Mungindi, Narrabri, Quirindi, Tamworth, Tenterfield, Walcha, Wyallda and Wee Waa)
- Aged 16 and above
- who are not funded under the National Disability Insurance Scheme (NDIS), HASI, CLS, CoS and NPS-Extension

Who can refer?

- Individuals
- Family and carers
- GPs and Allied Services
- Community Mental Health
- Local Area Coordinators
- NGOs
- Public Housing

GGAC KIDS

Find A Word Puzzle

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

DREAMTIME

SNAKE

SUN

YELLOW

BLACK

RED

FLAG

ART

MOB

LAND

TOTEMS

WALLABY

CULTURE

GOANNA

TUCKER

DEADLY

DIDGERDIOO

ABORIGINAL

KANGAROO

NAIDOC

Name the Native Animal

















Science Experiment

Dry Erase

Materials

A glass plate, bowl, or picture frame



White board marker



Water



Instructions

Draw a simple picture on the glass. A stick figure is a good one to start with

Pour water onto the plate or into the bowl slowly to lift up the drawing

Swirl the water around to make the picture dance and move

