



AUGUST 2023 Community Newsletter

MOOGJI BOARD AND CEO UPDATE

Hi Everyone,

Hope everyone had a deadly NAIDOC Week!

The Board would like to highlight the hard work Moogji staff put in to pulling together another great Moogji Family Fun Day held on Tuesday 4th July. We had great attendance and engagement from Community, a range of different stalls and agencies were available on the day despite there being a little bit of rain and cool weather.

To end NAIDOC Week, it was fantastic to see the amount of local Community members who travelled or came down on the bus for the GLaWAC Community Day at the Knob Reserve.

We are lucky as a community to have a range of opportunities to come together and celebrate with our peers and family. And I can't wait to see what's in store for next year.

Moogji, with support from the Bairnsdale Regional Health Aboriginal Health Unit held a Cardiac Health Day recently at Moogji.



We had around 15 people in attendance and discussed developing a pilot Community Cultural Cardiac Care program built around Cultural activities, cardiac education, and exercise.

Community will help co-design this program and it will be exciting to see the timetable established and sent out to community.

More information will be available soon and they are looking at running the program early October- November for a six week pilot.

Anyone interested, at risk of cardiac health issues or has suffered from a heart attack or heart condition are invited and encouraged to attend. Please speak with Ali or Luana for more information. Family will also be able to be involved and able to attend the sessions when made available.



Moogji are excited to be able to hold this health promotion Community opportunities and once the weather warms up there will be more regular events so watch this space!

ISSUED 28/07/2023



**Moogji Aboriginal Council
East Gippsland Inc.**

52-54 Stanley Street, Orbost VIC 3888

Email: reception@moogji.com.au

Phone: (03) 5154 2133

Fax: (03) 5154 2120

MEDICAL TRANSPORT

We are currently having an increased demand for transports. **Please keep in mind we are only able to offer transport for medical appointments.** To ensure your transport is booked, please call us as soon as you have your appointment details and let our reception staff know the required information. Our reception staff will then confirm with the clinic team to ensure there is no other transports that day and the staff have the availability for the transport, and you will receive a phone call within 24 hours to let you know the outcome. We understand that you may not be aware of some appointments until the week of, and when this happens we can do our best to support you to attend your appointment which may look like, providing a fuel voucher for you to drive yourself, paying for public transport, or potentially changing the appointment to when one of our drivers is available.

Please note: we require at least 24 hours' notice for cancellations of medical transports.

DOCTORS SESSIONS

August 1st – 2pm - 5pm

August 8th – 2pm - 5pm

August 15th - 2pm - 5pm

August 22nd - TBC

August 29th - TBC

FAMILY VIOLENCE OUTREACH

We have Toni Cheasley, the Family Violence Worker from ORH visiting Moogji on Thursday 10th August, 9am - 12pm.

Family Violence case management can provide assistance with,

- General counselling and education around what family violence is and how to spot the signs of family violence
- Assist in the creation of a comprehensive safety plan
- Advocacy and support, including court support
- Crisis response, including access to crisis accommodation and transport
- Application for funding for security items
- Referral pathways

This is a free services and no referral is necessary. The family violence worker is very flexible, and able to met at a time and location that is safest and most comfortable for the client

AOD SERVICES

Our AOD team are on-site at Moogji Monday-Friday, Drop in for a cuppa and a chat anytime, our door is always open. We can also come to clients homes if wanting an appointment, call Moogji Reception on 5154 2133 and ask to speak to Margie or Courtney.

FINANCIAL COUNSELLOR

We have Bec Hough, the Financial Counsellor from ORH visiting Moogji on Thursday 3rd August.

Drop in or call Moogji reception on 5154 2133 to book an appointment



Managing Money Yarn

Drop into Moogji on the first Thursday of the month between 1-3pm to have a yarn with Bec the Financial Counsellor from Orbost Regional Health

You can talk to the financial counsellor about things like:

- Power bills
- Rate arrears
- Centrelink issues
- Credit card/personal loan debts
- Buy Now Pay Later accounts
- Mortgage/rent stress
- Financial abuse

If an appointment is needed, the financial counsellor will offer you a one-on-one appointment to discuss your issue further.



FOR OUR ELDERS

CELEBRATING NAIDOC WEEK
NATIONAL NAIDOC WEEK 2-9 JULY 2023

Last month we held a Community NAIDOC event and flag raising at our Bonang property. Despite the weather, it was a good turn out. We would like to thank Aunty Christine, Aunty Susan and Levi for raising the flags, Aunty Christine and Levi for doing the Acknowledgment and everyone that was involved with the organising and the community and other organisations that attended both events. We would also like to thank Guiltfree Gourmet and the Rotary for the deadly feed they put on for the community event.





ULURU CULTURAL CAMP

At the end of June Moogji's youth team had the amazing chance to take 14 Koorie youth and 7 staff, from community, too Uluru for an amazing cultural camp. It was made possible due to a collaboration of funding. The camp was aimed at Youth who had taken great steps forward in their education or training. The first two days it was raining with approx. 60 mm dumped on Uluru, we flew in during the rain and wind which was a hairy experience for all.



We left Moogji 9pm Sunday night on a bus heading for Melbourne airport. We boarded our first flight to Sydney then had to wait a few hours for our next flight. We touched down in Uluru about 2pm Monday afternoon. We checked into the accommodation and waited for our first tour, the field of lights. Which didn't go ahead due to the rain. We had that much rain the whole resort was flooded, the drainage system couldn't keep up. So, it was a small order of approx. 28 pizzas to feed the Mob and off to bed.

Tuesday, we awoke to rain still and more flooding, Wet shoes, and clothes. That didn't stop us as we were up at 5am for a 0630 start. We watched the sunrise over Uluru through the clouds and rain. Then we were of too Kata Tjuta too see it in all its glory in the rain. We saw rain forming mini waterfalls and streams at the base.

After that we went back to the resort and had some free time with 10 youth Joining in with Aunty Ky and basket weaving.

Wednesday we were supposed to do the Kings Canyon tour which was called of due to the roads being 4ft under water, so Wednesday turned into a free day around the resort. Thankfully, the rain had stopped so we all ventured into the town square to Join a Didgeridoo workshop. The boys took part in the workshop and now know the basics of playing, they have showed keen enthusiasm for playing and connecting to culture. As a result, the boys are keen to continue practicing back home at Moogji. Where we are planning to buy some didges and working on them ourselves. We also went and spoke to the Local Anangu people who were selling Artwork where we had the chance to Purchase and share our Local Culture with them, in turn they shared much with us

We also experienced a Bush food Workshop which included tasting the food made from the Desert Bush tucker, with most staff and youth trying it.

Thursday, we went to see the Field of Lights. Which is made up of thousands of little glass spheres laid out in the desert, which unfortunately suffered some malfunction, and we didn't get to witness it. After that we got to Mine and other's favorite part. The Uluru Sacred sights tour! We saw Rock art 5000 plus years old up close. We seen sacred sights of Dreamtime Battles, where the stories are past down as a lesson, for kids to never forget. We learned about the Devil dog and how some of the Scars were created on the Rock, Even the Old peoples Face on the Rock forever Looking over the Land plus Many more. We had a chance after the Sunset tour for some of the boys to Kick the Footy with a Young Anangu boy and his brother.

Overall, we had a wonderful time, Learned, shared, connected with Culture and experienced things not everyone will do.

We will continue to connect with culture and hopefully Visit again



Call Moogji reception on 5154 2133 and ask to speak with Courtney for more information

27-29
OCT



CAMP MAROOK

AT CAMP COOLAMATONG

Learn CPR | Fun Games | Low Ropes Course |
Heart Health | Canoeing | Survivor Game
And Lots More...



CENTRE FOR EXCELLENCE FOR ABORIGINAL
HEALTH IN EAST GIPPSLAND LTD

IN PARTNERSHIP WITH



Lake Tyers Health and
Children's Services



FREE

ORBOST ART SESSION



TERM 3
EVERY TUESDAY
3:30PM - 4:30PM

AGES 5 - 12 WELCOME

PARTICIPATION
FORM TO BE COMPLETED
PRIOR TO/ON ARRIVAL

Located at
Orbost Tennis Club Rooms
17 Salisbury Street

AFTERNOON TEA
PROVIDED



For enquires OR copy of
participation form, please contact:

Lisa on 0401568503
OR Sara on 0423725544