

Kalwun Grapewine

 KALWUN

Jellurgal
Aboriginal Cultural Centre

Autumn 2019



Hutchinson Builders' Nick Johnson, Rohan Barry and Russell Fryer join Kalwun Board Directors – Chairperson William Oui, Deputy Chairperson Grant Williams and Independent Director Tracey Castle for the turning of the first sod at the Kalwun Integrated Health and Wellbeing Hub site at Coomera.

Message from the CEO

Unstoppable. We have reached another milestone and turned the sod on our Coomera site for the development of the new northern Kalwun Integrated Health and Wellbeing Hub ([see page 3](#)). The team at Kalwun were also extremely proud to host the National Apology Day 2019 Event which was held on 13 February ([see page 11](#)). Held at Jellurgal annually, this is always an emotional and moving event for community. I would specifically like to acknowledge and thank all of the staff and community members who dedicate time and effort into this significant occasion each year.

Also included in this edition of the Grapewine are some exciting new offerings at Kalwun including a new location for Aged Care Respite and extended opening hours of some services. On [page 6](#) you'll see the team are also planning some fun community events in March and April.

A highlight for me this quarter was attending the Unveiling Ceremony of the Cultural Dreaming and Spirit Sculpture and Welcoming Ceremony for the new Vice Chancellor and President of Griffith University. The event was hosted by the Kombumerri Saltwater People. Packed with inspirational speeches and quality performers, I left this event feeling so uplifted by the display and immersion of culture in one of Queensland's largest universities. Congratulations to all of the event organisers and master of ceremonies, Mr Max Dillon.

Finally my theme for this season is "gratefulness". I leave you with this quote by Melody Beattie, "Gratitude makes sense of your past, brings peace for today, and creates a vision for tomorrow".

Kieran Chilcott, Chief Executive Officer

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Do you need extra support to set your health goals and work towards them?

There are three FREE programs for Queensland residents that offer coaching support to help you set health goals and work towards them over a six-month period.

- **Get Healthy®** is a phone-based service that offers culturally-appropriate coaching and materials for Aboriginal and/or Torres Strait Islander participants (aged 16+ years) to implement healthy lifestyle changes.

Go to www.gethealthyqld.com.au/program/aboriginal-and-torres-strait-islander-program for more information.

- **My Health for Life** links you with a qualified health professional to help keep you motivated and work with you to develop tailored strategies to help you live a healthier life. To identify if you meet the eligibility criteria, you will need to complete a needs assessment online at www.myhealthforlife.com.au

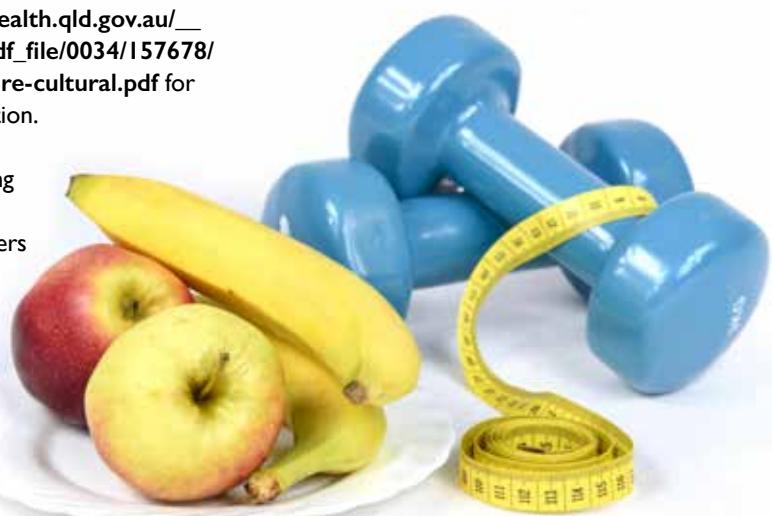
- The **COACH** program is for people who have been diagnosed with pre-diabetes, type 2 diabetes, coronary heart disease or COPD (Emphysema or Chronic Bronchitis). The program is run by nurses skilled in coaching and helps participants to reduce their health risks and work towards a healthier, happier life.

Go to www.health.qld.gov.au/_data/assets/pdf_file/0034/157678/coach-brochure-cultural.pdf for more information.

These free coaching programs offer community members that little bit of extra support that is sometimes needed when trying to change our less healthy habits.

Participants in these programs have reported feeling empowered to make lifestyle changes, motivated to overcome barriers to change and supported to keep trying when things get tough.

Visit www.goldcoast.health.qld.gov.au/healthier-you for more information.



Miami health clinic extends hours to include Saturdays

Getting a doctor's appointment just got a whole lot easier with the Kalwun Health Service – Miami Clinic now open on Saturdays.

The clinic will be open every Saturday from 8.30am – 1.30pm with doctor appointments available every week and dental appointments once per fortnight.

Call the clinic on **07 5526 1112** to make an appointment.

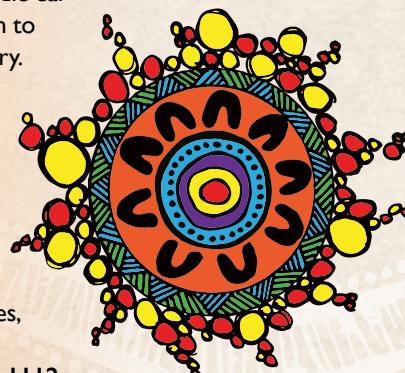
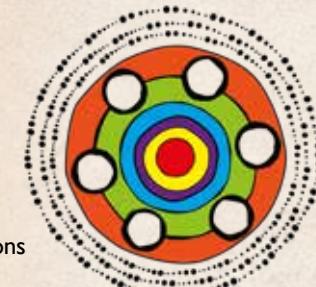
Kalwun continues trials to help solve hearing issues

Kalwun's health team are continuing to work with other organisations on nation-wide trials aimed at reducing issues which cause hearing difficulties in Aboriginal and Torres Strait Islander children.

The 'WATCH' trial is looking at the best treatment for middle ear infections and the 'INFLATE' trial is aiming to find a solution to treat 'glue ear' in children before they need grommet surgery.

Currently, participation in the WATCH trial is at 197 of the 500 required by October 2020 for all services in the program. This includes 20 from Kalwun. The INFLATE tally is at 25 of the 380 required by October 2020 including 7 from Kalwun.

If you are interested in your child taking part in these studies, please speak with a health worker, nurse or doctor at your Kalwun Health Service or call the Miami Clinic on **07 5526 1112**.





Artists' impression

Construction begins on largest ever Kalwun project

In a first for the Gold Coast region, Kalwun have commenced construction on a multi-service integrated health and wellbeing hub at Coomera with a sod turning at the site.

The hub will provide much needed services to Indigenous and non-Indigenous clients including (but not limited to) primary health care, allied health services (speech pathologist, audiologist, optometrist, podiatrist, psychologist, exercise

physiologist, occupational therapist, nutritionist and diabetes educator), chronic disease management, aged care respite centre, child and family wellbeing programs and a social health team.

According to 2016 census data, Coomera had the fastest growth rate of Indigenous population in all of Australia. This new centre will satisfy the rapidly growing need for services in the area.

Kalwun is partnering with Hutchinson Builders — who have a proven track record of working with Indigenous communities and investing back into the community — on the project, with Indigenous job creation a strong focus.

The doors to the health and wellbeing hub will open at the end of 2019 and the entire Kalwun team are looking forward to sharing it with our community.

Kalwun teams up to improve maternal and child health

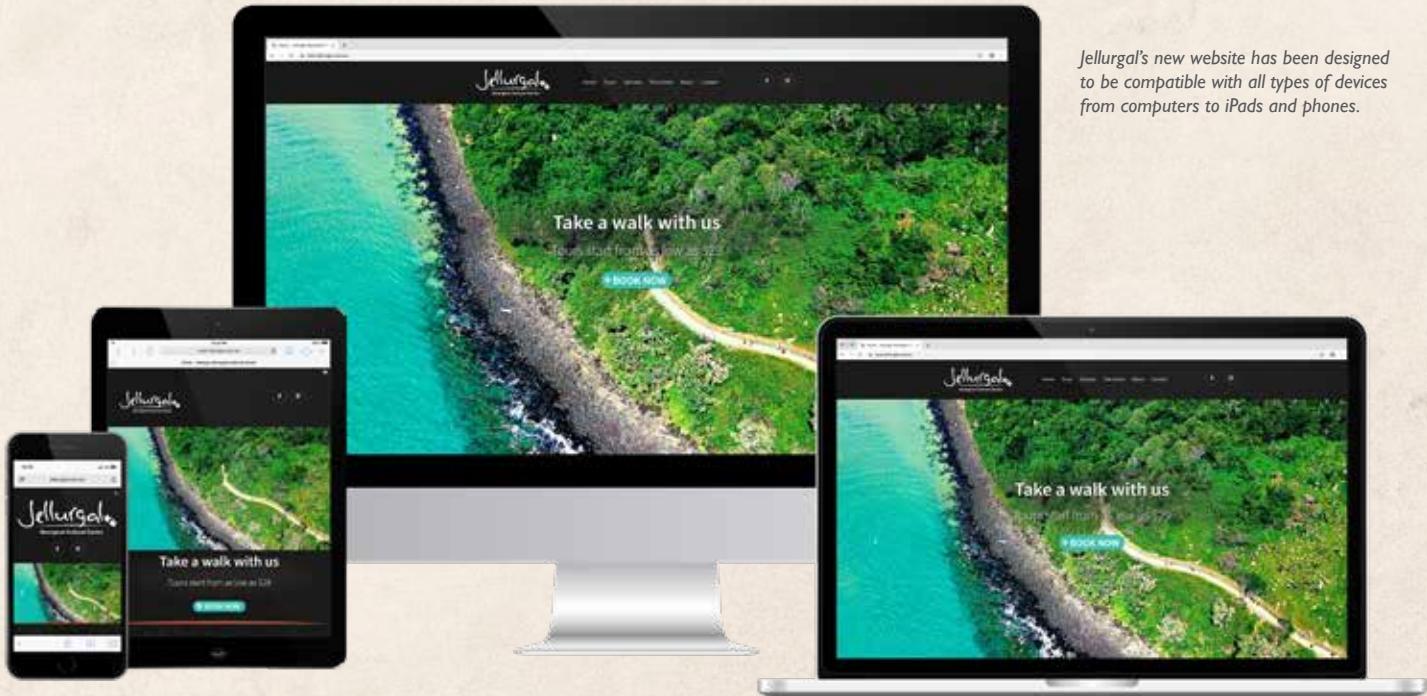
In partnership with other Aboriginal and Torres Strait Islander Primary Health Care services, community women's groups and experienced researchers, Kalwun has commenced the WOMen's action for Mums and Bubs (WOMB) trial.

The trial will test the effectiveness of participatory women's groups to improve the quality of maternal and child health care and outcomes.

Although there have been improvements in Aboriginal and Torres Strait Islander maternal and child health, inequities remain. There is strong evidence that shows participatory women's groups can improve outcomes through improved quality of care, women's empowerment, and new learning.

For more information on the WOMB trial, contact Michelle or Sonya on 07 5526 1112.





Jellurgal's new website has been designed to be compatible with all types of devices from computers to iPads and phones.

New Jellurgal website to launch in March

In a great step forward for the future, Jellurgal Aboriginal Cultural Centre has a new website that will be launched to the public on 5 March 2019.

The new website builds on the previous site by providing further information to consumers about Jellurgal's features, tours

and services and also sees the addition of an online booking system — a must in the tourism sector.

By offering the user an easy and interesting experience and with increased information and features, the team hopes that the website will translate to

increased patronage by locals and tourists alike so that Jellurgal can continue to share the cultural history of the Gold Coast.

Check out Jellurgal's new website at www.jellurgal.com.au from Tuesday 5 March 2019.

Jellurgal tours now available Saturdays

In addition to the exciting new website on the way for Jellurgal Aboriginal Cultural Centre, the customer experience is also being enhanced by the newly-added "Jingeri Jellurgal" tour to take place on Saturday mornings, subject to demand.

The tour invites the community to say "hello" to Jellurgal and discover hidden facts that they may not have known about this beautiful location. Groups will take a guided walk around the "Dreaming Mountain", Jellurgal, where culturally significant sites have played an important role in the lives of Aboriginal people. They will learn about the Aboriginal history and culture of the Gold Coast, meet a traditional land owner and hear the Dreamtime stories associated with the creation of Jellurgal.

Tours will commence at 9am and the centre will be open for half an hour for tour participants at the conclusion of the walk at approximately 11am. This will allow groups to browse through the Aboriginal art and gifts on display and ask any further questions from their tour guide.

Tours can be booked online from 5 March 2019 at www.jellurgal.com.au.



Travel opportunity for Aboriginal and Torres Strait Islander public service employees

In partnership with the Churchill Trust, The Australia and New Zealand School of Government (ANZSOG) is sponsoring a new Churchill Fellowship in 2019 for Aboriginal and Torres Strait Islander Peoples working in the public service.

This Fellowship provides an invaluable opportunity for an Aboriginal or Torres Strait Islander person to spend 4-8 weeks overseas, to gain insights into the practices of their peers working in international jurisdictions, and contribute to Indigenous policy, governance and administration thinking in Australia upon their return.

The Fellowship will be awarded to an Aboriginal or Torres Strait Islander person working in the Public Service, and on the basis that the research undertaken will contribute to improving outcomes for First Peoples of Australia and their communities, and ultimately to the wider Australian community.

ANZSOG is committed to supporting and promoting the findings from this Fellowship. On returning from the Fellowship, the ANZSOG Churchill Fellow will be invited to share their findings in a variety of engagement

opportunities. This may include presenting in an ANZSOG program, a forum or contributing to the ANZSOG Wise Practice Case Library.

Fellowship recipients will also have access to the Churchill Trust's Learning Framework, which includes foundation skills training, ongoing support, mentoring, and financial assistance for disseminating findings when they return.

Go to www.churchilltrust.com.au to find out more about the Churchill Fellowship and familiarise yourself with the application process.



New arrivals bring joy to Kalwun families

The start of 2019 has brought three new arrivals to Kalwun families.

Photo 1: Renee Inwood-Fish welcomed a little girl, Ryleigh, on Thursday 3 January.

Photo 2: Maxx has a new brother, Leo, born Friday 25 January.

Photo 3: Indiana has a new brother, Enzo, born Saturday 9 February.

Welcome to the world little ones and a big congratulations to their families!



Events Calendar

Kalwun supports a range of community events and activities across the Gold Coast promoting healthy and happy lifestyles for our mob.

11 March

GOLD COAST SUNS FOOTBALL CLUB AND KALWUN COMMUNITY EVENT

*Kalwun Miami Health Service,
2020 Gold Coast Highway, MIAMI*

11am - 1pm

Meet the players and enjoy a BBQ lunch at this event with the Gold Coast's own AFL club. With competitions and prizes on offer, this is an event for the whole family.

For more information, email
Kalinda.Howarth@kalwun.com.au



12 April

MEN'S GOLF DAY (NO COST)

Palm Meadows Golf Club, Palm Meadows Dr, CARRARA

6am start

The Deadly Choices Men's Golf Day aims to bring together Aboriginal and Torres Strait Islander men from across South East Queensland to raise awareness of the importance of good mental health.

Register online at www.deadlychoices.com.au/mens-golf-day

What you'll need:

- Current 715 health check
- Your own golf bag, clubs, and balls (or hire them at your own expense, only 20 sets are available for hire so get in early)

What is provided:

- Golf carts
- Healthy breakfast and lunch
- Chance to win Callaway and Deadly Choices prizes

For more information, contact the Kalwun Deadly Choices Team on **0419 662 960** or email Kieren.Wiggins@kalwun.com.au



20 March

KARULBO ABORIGINAL AND TORRES STRAIT ISLANDER NETWORK MEETING

*Currumbin RSL, 165 Duringan St,
CURRUMBIN*

10am

RSVP by 6 March 2019 to
Indigenous_Health_Service@health.qld.gov.au.



KARULBO
ALL TOGETHER
"Strong + Deadly
Community Partnerships"

21 March

NATIONAL CLOSE THE GAP DAY

Everyone deserves the right to a healthy future and the opportunities this affords.

Despite a decade of Government promises the gap in health and life expectancy between Aboriginal and Torres Strait Islander peoples and other Australians is widening.

The Close the Gap campaign for Indigenous Health Equality is a highly regarded movement that has shaped government policy. It is led by Aboriginal and Torres Strait Islander organisations and supported by mainstream health and advocacy organisations from around the country.

For more information on National Close the Gap Day, go to www.antar.org.au/closethegap

13 April

SAVE THE DATE!

KALWUN EASTER COMMUNITY EVENT

Save the date for Kalwun's annual Easter Community Event.

With food, entertainment and kid's activities, this will be an event not to be missed!

Keep an eye out for more information on Kalwun's Facebook page and on noticeboards in clinics and offices in the coming weeks.





Did you know?

'Dolphin Dreaming' by Aunty Joyce Summers

Yugambeh word of the season: *Gowanda/Kowanda (Dolphin)*

Story:

Dolphin Dreaming (How the Dolphin Got Its Blowhole)

Back in the Dreaming, before there were men, a great battle took place to see if Unbigumbi should belong to the land or the sea animals. The giants of the sea and the land fought a great fierce battle and so long was the conflict that all the land along the coast was trampled flat and all the big trees were smashed into the ground so

that no trace of them remained.

Animals were giants in those days and when Yowgurra, the great goanna, hurled his spear it splashed down far out to sea. Kowanda the porpoise rushed to seize it and hurled it back but Boogaban the sparrowhawk dived down from the sky, grabbed the spear and, flying high in the air, dropped it so its point sank deep into the top of Kowanda's head.

In a flurry of pain and fury, Kowanda leapt and dived and hurled himself about the sea in an effort to free the spear but it remained fast. So Kowanda opened his mouth and drew in a great draft of sea

water, then closed his jaws and blew with such force that the spear was pushed out of his head, followed by a huge spout of water that flooded all the flattened land, with the result that animals could no longer live there.

Even a long time later, when the water had drained away, many big swamps and lagoons remained. The hole made by the spear in the top of Kowanda's head never healed and, even to this day, his descendants breathe through a hole in the top of their heads.

Look out for more stories in future editions of the Kalwun Grapevine.

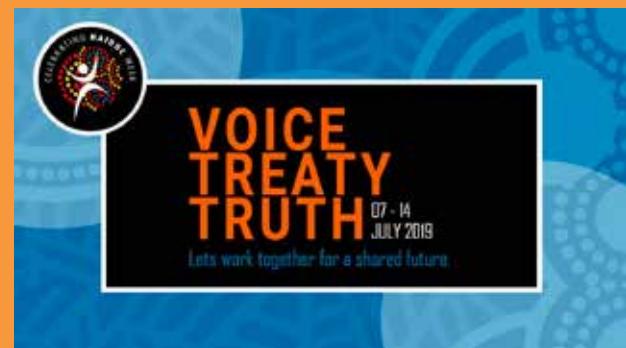
NAIDOC Week 2019 Theme: **Voice. Treaty. Truth. Let's work together**

"We invite you to walk with us in a movement of the Australian people for a better future."

The Indigenous voice of this country is over 65,000 plus years old.

They are the first words spoken on this continent. Languages that passed down lore, culture and knowledge for over millennia. They are precious to our nation.

It's that Indigenous voice that include know-how, practices, skills and innovations - found in a wide variety of contexts, such as agricultural, scientific, technical, ecological and medicinal fields, as well as biodiversity-related knowledge. They are words connecting us to country, an understanding of country and of a people who are the oldest continuing culture on the planet.



And with 2019 being celebrated as the United Nations International Year of Indigenous Languages, it's time for our knowledge to be heard through our voice."

Excerpt from <https://www.naidoc.org.au/get-involved/2019-theme>

Child & Family Support

Early Learning Program making a difference for our families

Our Early Learning Program team work tirelessly to create a warm, nurturing and safe environment that encourages development of our students. It is lovely to hear from clients on the impact our program has had on their families.

Below is an excerpt from an email received recently from a Kalwun client:

"I just wanted to thank all the staff and the community who are involved in the Kalwun pre-prep program.

Throughout this program my son has developed self-confidence, cultural connection, cultural pride, an understanding of self, community and his place in the world. He has developed socially and had an opportunity to be exposed to numeracy and literacy in a formal structure in a culturally safe setting. I have watched my son develop better social skills with adults and become more confident with adults outside our family. He has a better understanding and more positive sense of himself.

I was pleased to see this program give my son a chance to develop a stronger sense of connection to his Aboriginal social and emotional wellbeing cultural practices (land/ animals and environment, community, culture, Elders, country, spirit/spirituality and ancestors, body, mind/emotions and family and kinship) in a formalised setting. I feel this experience will give him a solid foundation to feel safe



The Kalwun Early Learning Program works to strengthen cultural identity.

in a formalised mainstream setting and has given me the understanding confidence to engage with his school next year to actively support his school to embed the essential learning processes for Aboriginal children in his school environment.

I also feel I have been given an opportunity throughout this program to prepare for the transition to school, not only for my son, but also myself. I have become more aware of the process of the schooling system, experience the day to day challenges of just getting my child to school on time. These challenges ranged from big practical negotiations of managing time and scheduling with other family commitments to little unexpected challenges like wearing a uniform with closed in shoes. These little things may sound trivial, however added to the many other unexpected cultural differences the school setting has with our home lives it ended up adding up to be quite an adjustment and I was pleased to be given an opportunity to practice all these things in a cultural safe and flexible environment with staff who were able to understand the challenges I faced with positive and culturally practical solutions.

I was also given an opportunity in this program to prepare for some unexpected

emotional trauma of my own childhood school experiences. I had not realised how many racially negative experiences I had had throughout my schooling years until I started to plan for my own child to start school and had emerging concerns about how to go about protecting him from experiencing any kind of racial opposition. This program gave me an opportunity to think about what I had experienced, share those concerns in a culturally safe environment and come up with effective strategies to address those concerns for my son in his schooling environment next year.

I feel more equipped to advocate for my son to be able to learn in a style that is culturally effective for him and value the program for giving me the confidence and the understanding of the schooling system to be able to do that next year.

I would just like to thank staff, the people who help establish the program, and the community involved in making the program the success it is. You have all greatly improved my family's lives through this program."

For more information about the Kalwun Early Learning Program, visit www.kalwun.com.au or phone 07 5520 8600.

KALWUN EARLY LEARNING PROGRAM

For Aboriginal & Torres Strait Islander Children aged 4–5 years in 2019 who will be attending Prep in 2020.

- Provides a warm, nurturing and safe environment that encourages the development of the whole child.
- Enables a smooth transition into prep.
- Strengthens cultural identity.
- Qualified, experienced and caring staff meet the needs of the individual child.
- Suitable for children requiring extra support in preparing for school (developmental, social, emotional, cultural etc).

Places available are for one day per week (9.30am – 2.30pm)

Kalwun day respite begins at Coomera

In an exciting move to cater for the northern area of the Gold Coast, Kalwun Community Care commenced day respite at the Coomera Cottage on Beattie Road, Coomera, on 16 January 2019.

The program offers small art and exercise groups in serene surroundings and has given participants an opportunity to contribute to the development of a client-directed program for the future.

For more information on Kalwun's Community Care Service, phone 07 5522 9197.



Kalwun clients, Fay and Shirley, enjoy some art activities at the new Coomera day respite.

Meet the team



Chris

I am the friendly receptionist at Kalwun Community Care. If you call our office number, you will most likely be talking to me.

ABOUT ME

I love going to the gym, playing with my kids and setting out on adventures. I also love to kick back and play on the playstation.

WHAT I LOVE ABOUT MY JOB

I love working for Kalwun as I love to help the elderly, I love helping people and I thrive off that.

Shakaya

I am the Roster Clerk at Kalwun Community Care. I put together all of our rostered services.

ABOUT ME

In my spare time I like going to see live music and reading.



WHAT I LOVE ABOUT MY JOB

I enjoy working with the Elders and with the community.

Do you want to work at Kalwun? We are hiring!

Search for Kalwun on seek.com.au to see if we have a position that's perfect for you!

Please note that Kalwun only accepts applications and resumes submitted for advertised positions.
We are unable to accept resumes provided directly to staff members and managers.

First Peoples Health Unit

Better wellbeing | Baugal baugulin yabruma



Griffith University First Peoples Health Unit: *First Peoples Health Plan 2016-2022*

The First Peoples Health Plan aims to increase First Peoples Health graduate numbers with the First Peoples Health Unit leading the education and training of Griffith Health graduates.

The First Peoples Health Unit (FPHU), was officially opened 25 August, 2015. Since then the FPHU has been a national leader in Indigenous Health within the tertiary sector.

The Griffith Health First Peoples Health Plan 2016 – 2022 (The Plan) purposely places First Peoples cultures at its centre and shares Griffith's vision for the Health Group "to be influential leaders valuing collective knowledge towards better health and wellbeing outcomes for Australia's First Peoples".

The Griffith Health Plan has five key focus areas (KFAs) that align with Griffith Health and the University's strategic, core activity and supporting plans including the Reconciliation Action Plan. The five KFAs specifically focusing on First Peoples Health are:

1. Engagement
2. Sustainability
3. Learning and Teaching
4. Research
5. Internationalisation

Major strategies include positioning Griffith Health as leaders in the field



Indigenous Allied Health Association Conference 2018

and as a faculty of choice for future First Peoples students and an employer of choice for First Peoples health staff. Within Griffith University Health there are 161 commencing enrolments for trimester one 2019, which is subject to change, compared to a total of 169 for the same period in 2018.

In trimester one, 2018, Griffith University Health had a total of 11,877 undergraduate students and for trimester one this year there are 13,257 undergraduates enrolled. In 2018, for First Peoples, there were 363 total enrolments, commencing and continuing, and 52 First Peoples graduated from Griffith Health programs.

For trimester one this year, just within Griffith University Health, there are 371 First Peoples students.

Through the establishment of the FPHU, Griffith University is uniquely placed to effect change in First Peoples Health as a commitment to closing the gap in health outcomes for Australia's First Peoples. There is much work still to be done but The Plan sets an agenda for practical change necessary for the creation of a highly skilled and well educated First Peoples Health workforce to achieve long lasting and significant gains in First Peoples health, improving the social, environmental and cultural wellbeing of Australia's First Peoples.



National Apology Day 2019 Event

WEDNESDAY 13 FEBRUARY

This year Kalwun held a National Apology Day event at Jellurgal Aboriginal Cultural Centre.

The emotional event recognised the anniversary of the formal apology made on 13 February 2008 by the government and parliament of Australia to Australia's Aboriginal and Torres Strait Islander people in particular to the Stolen Generations.

An Acknowledgement of Country and introduction to the day's events was given by Leilani Summers and the guests were welcomed by a performance by the Yugambeh Dancers while Leilani performed an ochre anointment.

The guest speaker for the day was Aunty Brenda, who shared her first-hand knowledge of the experiences of the Stolen Generation, a story which is still very raw for her.

The Apology video was shown to the group and all were given the opportunity to tell their own story.

Our appreciation goes to all involved in making the National Apology Day 2019 Event a heart-felt dedication to those affected by the Apology and all it represents.

I am them
They are me
Culture. Proud.
Aboriginal
We be.

Poem by Buster Duke



Kalwun Miami Health Clinic **NOW OPEN SATURDAY**

From **23 February 2019**, the Kalwun Miami Health Clinic will be open on Saturdays from **8.30am – 1.30pm**.

Doctor appointments are available every week and dental appointments once per fortnight.

Call the clinic on **07 5526 1112** to make an appointment.