



# KALWUN Grapevine

Autumn 2023



## KARULBO YARNING CIRCLE

### Karulbo: working together with community

**Kalwun invites Aboriginal and Torres Strait Islander Elders, carers, community members and local service providers to participate in a yarning circle to help shape the health and wellbeing of our mob in the Gold Coast region.**

The Karulbo Yarning Circle allows mob to have their say in a culturally safe, informal, and supportive space and for service providers to update community and Elders of new and current programs within the Gold Coast region.

Sessions have been organised for both the northern and southern Gold Coast areas. Visit [Kalwun's website](#) for more information on the sessions.

If you want to join the yarn, please register by emailing your details and preferred session date to [karulbo@kalwun.com.au](mailto:karulbo@kalwun.com.au) or phone 07 5578 3434 (and select option 1).

Please ensure you register more than one week before the meeting date for catering purposes.

### Also in this edition:

*NAIDOC Week calendar of events*

*Printable 'Significant Dates' calendar*

### Expanded services and impactful initiatives mark a positive start to 2023

It has been a huge start to 2023 for Kalwun as we continue to expand our services and fulfil our vision that “our people live long, healthy, prosperous and happy lives”.

This year, Kalwun will lead the agency in supporting the Karulbo initiative undertaken by Gold Coast Health (Aboriginal and Torres Strait Islander Health Service) pre-pandemic. We recognise the partnership between

us, Gold Coast Health and Krurungal, which began over a decade ago as an initiative to bring non-government organisations, government agencies and the education sector to engage the community to shape health and wellbeing outcomes for our Gold Coast Aboriginal and Torres Strait Islander residents.

I am excited to see where this reset takes us. Kalwun has planned

yarning circles allowing elders, carers and community members to help us reshape the Karulbo.

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### Tell us what you want to see

If you have any suggestions for content for future editions of Kalwun Grapevine, email them to [headoffice@kalwun.com.au](mailto:headoffice@kalwun.com.au)

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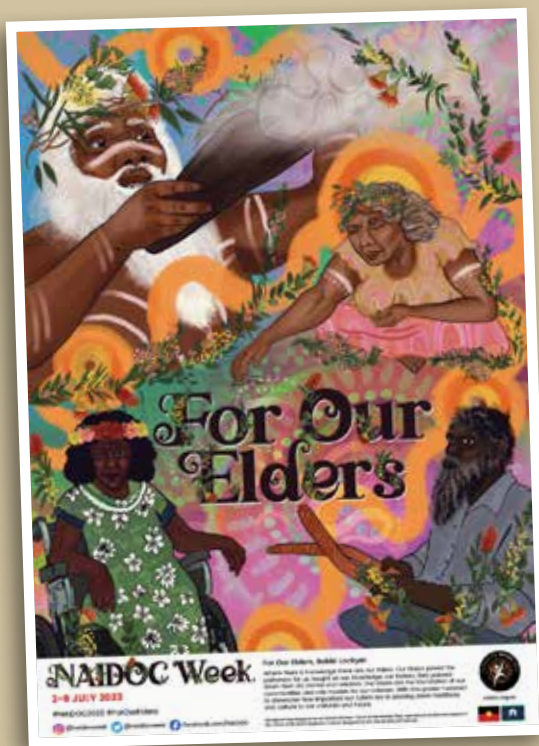
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Bobbi Lockyer, a proud Ngarluma, Kariyarra, Nyulnyul and Yawuru artist, born and based on Kariyarra Country in Port Hedland, was the winner of the prestigious National NAIDOC Week Poster Competition for 2023 with her entry, For Our Elders.

Continued from page 1

I want to acknowledge that we recognise many significant events at this time of year and reflect upon anniversaries in Australia that have shaped our reconciliation journey thus far.

May 26 signified Sorry Day and the anniversary of the Bringing Them Home Report. The National Reconciliation Week (May 27 – June 3) is themed, *Be a Voice for Generations*, which encourages all Australians to be a voice for reconciliation through our everyday lives – where we live, work and socialise. May 27 marked the anniversary of the 1967 referendum and June 3 is Mabo Day, commemorating Mer Island man, Eddie Koiki Mabo, and his successful efforts to overturn the legal fiction of terra nullius, or 'land belonging to no-one'. We honour and recognise the contribution of Eddie Mabo's legacy to the rights of all Aboriginal and Torres Strait Islander peoples across Australia..

We encourage our Gold Coast Aboriginal and Torres Strait Islander community to share in these times of reflection and recognition of historic moments that have shaped our journey.

From 2 - 9 July we will be celebrating NAIDOC Week, this year themed *For Our Elders*, recognising our Elders as our cultural knowledge holders, trailblazers, nurturers, advocates, teachers, survivors, leaders, hard workers and our loved ones. You can learn more about the theme at the official [NAIDOC Week Website](https://www.naidocweek.com.au).

We have a full schedule of events for NAIDOC Week on [page 8](#) including an official launch at Kalwun's Seniors Services property at Bonogin and of course the ever-popular Titans NAIDOC Community Day at Firth Park in Mudgeeraba.

I look forward to seeing community out and about and celebrating this NAIDOC Week.

Ngaurai ngulungmai (speak soon),

**Kieran Chilcott, Chief Executive Officer**

The 'JuniorBuddy' solar light provides free lighting for children living in remote communities, giving them the opportunity to read bedtime stories.



## Community Care consumers making change for remote communities

Kalwun's Community Care team has partnered with global tech charity, SolarBuddy, to construct and supply portable solar lighting to remote communities.

This portable solar light, called the JuniorBuddy, was created by SolarBuddy when they realised children living in energy poverty were missing something that so many of us grew up with as such an important part of our childhood, a bedside table light.

That light was the reason our parents could connect with us through bedtime storytelling and passing on of traditions.

Clients at Kalwun's Wellness Centre have been busy putting together the JuniorBuddy light kits to enable the finished product to be gifted to children living without electricity in

remote communities across Australia. They are also given the opportunity to write a letter or draw a picture for the child who receives the light.

When fully charged, the JuniorBuddy will give children 8 hours of light on 'high mode' and 18 hours on 'low mode'.

Since launching, over 170,000 JuniorBuddies have been gifted to the hands of children across the globe, providing safe and reliable lighting to and impacting over 850,000 lives. Kalwun is proud to be part of this change and helping to make a difference for Aboriginal and Torres Strait Islander children and families.

**For more information on Kalwun's Seniors Services and Wellness Centre, call 5522 9197 or visit [www.kalwun.com.au](http://www.kalwun.com.au)**

## Mini makeovers = maximum smiles

Earlier this year, our Wellness Centre clients were visited by a talented makeup artist who treated them to a mini makeover.

The result was a group of happy, glowing faces and smiles and just one question... where to go to show off these glamorous looks?!

Kalwun's Wellness Centre, located in the tranquil surrounds of the Bonogin Valley, offers an engaging and inviting environment to relax, connect to culture and enjoy a sense of belonging and social interaction.

Available for people aged 65 years and over (50 years and over for Aboriginal and Torres Strait Islander people), the centre offers a variety of weekly programs and activities including arts and crafts, aqua exercise, BBQs, bingo, bowls, hairdressing, light exercise, shopping and day outings and more!

**For more information on Kalwun's Seniors Service and Wellness Centre, call 5522 9197 or visit [www.kalwun.com.au](http://www.kalwun.com.au)**

## Community Care and Deadly Choices creating Good Quick Tukka

The Wellness Centre team at Community Care were excited to have the Kalwun Deadly Choices team working alongside them for a few weeks as they shared their wisdom from the Good Quick Tukka cooking program.

The Good Quick Tukka program teaches Aboriginal and Torres Strait Islander peoples basic cooking skills and encourages them to pass these skills on to others. It also allows participants to explore cooking techniques and different foods, and is a great social opportunity.

As a result, the program hopes to increase the number of meals being prepared at home among Aboriginal and Torres Strait Islander people.

All Good Quick Tukka recipes cook within 30 minutes, are budget friendly, healthy, and include fruits or vegetables.

This collaboration is helping the Seniors Services kitchen to redesign the daily menu on offer and will continue to facilitate programs and yarns with community.



**For more information on Kalwun's Seniors Services or Deadly Choices program, visit [www.kalwun.com.au](http://www.kalwun.com.au)**



# Jellural and Deadly Choices teams combine for a day of culture and cooking for community

During the school holidays, Jellural and Kalwun’s Deadly Choices team worked together to provide a free cultural experience and cooking demonstration for community.

Families and children were invited to join the Deadly Choices (DC) team for a guided cultural tour around Jellural and finish off with a Good Quick Tukka session on the balcony. The DC team’s Good Quick Tukka program demonstrates some simple healthy meals that can be whipped up in a matter of minutes and guests to the event were treated to a lunch of Mexican chicken and salad wraps.

The event was enjoyed by the families who attended and Jellural received a fantastic Google review from a participant.

*“My daughter and I attended the Deadly Choices invitation to attend. I highly recommend visitors, even locals go and check it out. The crew were awesome, and have amazing local knowledge.”*

*Grab an authentic souvenir on your way out too. Support local and learn about our Kombumerri ancestors and Yugambah languages.”*

**To find our more about Jellural Aboriginal Cultural Centre, visit [www.jellural.com.au](http://www.jellural.com.au) or check out our Facebook and Instagram pages.**

**For more about our Deadly Choices program, visit [www.kalwun.com.au/deadlychoices](http://www.kalwun.com.au/deadlychoices)**



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[instagram.com/Jellural](https://instagram.com/Jellural)



## Jellural Little Explorers back for the school holidays

Engage children in culture and get them out and about in nature with Jellural’s Little Explorers tour. Aimed at primary school aged children from 5 – 12 years of age, the tour includes an Aboriginal art workshop and short guided walk from Jellural Aboriginal Cultural Centre to Burleigh Head National Park and Tallebudgera Creek.

**Cost: \$25 per child** (with one adult per child able to attend free of charge)

**When:** Tours are running on selected dates during the school holidays.

**More info:** Visit [www.jellural.com.au/jle](http://www.jellural.com.au/jle) for more information or to book.

# Making a difference in young people's lives

## Some good news stories from Kalwun's Child, Youth and Family Services teams

Kalwun's Child, Youth and Family Services teams work to empower families to live happy, healthy, safe lives and have recently shared positive stories of progress and change.

### YOUTH WELLBEING

Late last year, the Youth Wellbeing team identified that a lot of clients lacked knowledge of personal hygiene and thought it would be a great idea to provide young people with a personalised toiletry pack for Christmas.

They were very excited about having their very own fully stocked toiletry kit that they could access at any time. This created a group discussion about regular self-care and the Youth

Wellbeing team helped the young people understand the importance of personal hygiene and how regular use improves not just our general health, but also our confidence and self-esteem. The team encouraged their clients to consider using the items regularly, particularly when they are feeling low or having a bad day.

Following this, several parents and carers provided Youth Wellbeing with feedback that multiple clients have had a significant improvement in their personal hygiene with habits such as showering regularly, brushing teeth daily, using deodorant after showering, washing clothes and taking more pride in their appearance.

### KINSHIP AND FOSTER CARE

During the Kinship and Foster Care school holiday program, two of the boys became instant best friends, spending each day of activities glued to each other. From the school holiday interactions, the team spoke to the Carers who are both keen to continue to foster that friendship. There will be future plans for playdates and possible respite for one another in the future.

**For more information on Kalwun's Child, Youth and Family Services, call (07) 5520 8600 or visit [www.kalwun.com.au](http://www.kalwun.com.au)**



*Bianca, Ben and Lakey from the Gold Coast's 90.9 Sea FM radio show, along with Volunteering Gold Coast CEO, Brad Cooper, present donated toys to representatives from Kalwun's Seniors Services and Child, Youth and Family Services teams.*

## Gold Coast generosity brings Christmas cheer for children

Through an incredible display of kindness and generosity and an abundance of Christmas spirit, Kalwun's young clients were able to have a happier Christmas with hundreds of toys being donated through the Sea 90.9 Gold Coast Christmas Toy Appeal in partnership with Volunteering Gold Coast.

Along with Gold Coast Youth Service and Multicultural Communities Council Gold Coast, Kalwun's team were provided with an unbelievable array of toys and games to share with children of all ages.

The unbelievable generosity of those unsung heroes among us meant that,

after a tough year for many, parents and caregivers were able to have that extra inch in the belt to help them breathe just that little bit more easily this past Christmas. Thank you to all those who gave and a massive shout out to the Volunteering Gold Coast team for all that they do.



# Working together to achieve First Nations Health Equity in South East Queensland

## ***From our partners at the Institute for Urban Indigenous Health (IUIH)***

To close the health gap in South East Queensland (SEQ), the IUIH Network is leading a partnership between the community controlled health services, the Hospital and Health Services (HHSs) and the Primary Health Networks (PHNs) in this region.

The partnership signed a Statement of Commitment to accelerate health system reform to achieve health equity in this region and has established a SEQ First Nations Health Equity Governance Committee to oversee the implementation of the SEQ First Nations Health Equity Strategy 2021-31.

The Governance Committee is chaired by Kieran Chilcott, CEO of Kalwun Development Corporation, with

project support provided by IUIH and, this year, implementation is focused on the following reform areas: Community Engagement, Workforce, Clinical Governance, Funding Reform, Vulnerable Children, Mental Health and Performance Monitoring.

The partnership is strengthening working relationships across the health system and enabling systemic reform that will improve care coordination, access, and outcomes for our communities. Through greater input into service planning and design and shared care arrangements across the primary and hospital interface, our people can expect improved continuity of care and a better experience of the health system.

Through the partnership, HHSs and PHNs are gaining a better understanding of the role of the

Community Controlled Health Sector in the health system and how to join with us to reform systems that improve care coordination and referral pathways between our clinics and the Gold Coast Hospital.

In November 2022, the partnership hosted a two day conference to share information about successful programs and services delivered in partnership within SEQ across the region.

The conference aimed to share learnings and understanding of Indigenous-led models of care which may be potentially expanded or replicated in other parts of SEQ.

To find out more about the partnership, you can read the [Statement of Commitment](#) or review the [SEQ First Nations Health Equity Strategy](#).

# CALENDAR OF SIGNIFICANT DATES 2023

## 26 January Australia Day/Survival Day

Since 1994, January 26 has been celebrated as a public holiday in each state and territory as 'Australia Day' however this date has multiple meanings to many. Some consider it a day of mourning, and others use the day to mark the survival of the ongoing Aboriginal and Torres Strait Islander cultures and traditions.

As 'Australia Day', January 26 is meant to observe the day that Captain Arthur Phillip 'founded' the penal colony of New South Wales on already occupied Aboriginal land in 1788. However, this date also marks the beginning of invasion, violence and generations of injustices to Aboriginal and Torres Strait Islander people.

## 13 February National Apology Anniversary

Anniversary of the National Apology delivered on 13 February 2008 by former Prime Minister Kevin Rudd to Australia's Aboriginal peoples and Torres Strait Islander peoples for the injustices of past government policies, particularly to the Stolen Generations.

## 16 March National Close the Gap Day

National Close the Gap Day raises awareness and seeks to close the gap with respect to life expectancy, child mortality, educational and employment outcomes between Aboriginal peoples and Torres Strait Islander peoples, and non-Indigenous Australians.

## 26 May National Sorry Day

National Sorry Day provides an opportunity for people to come together and share the journey towards healing for the Stolen Generations, their families and communities.

## 27 May 1967 Referendum

The 1967 Referendum was a landmark achievement following decades of activism by Aboriginal and Torres Strait Islander and non-Indigenous people, where more than 90 percent of Australians voted in favour of amending two sections of the Australian Constitution.

## 27 May - 3 June National Reconciliation Week

Each year, National Reconciliation Week celebrates the rich culture and history of the first Australians. It provides an opportunity to reflect on achievements so far and things that must still be done to achieve reconciliation.

## 3 June Mabo Day

On 3 June 1992, the High Court of Australia overturned the principle of "terra nullius" or "nobody's land" as claimed by the British when they first arrived in this country. The decision has paved the way for Native Title legislation.

## 1 July Coming of the Light

The Coming of the Light is celebrated annually by Torres Strait Islander peoples. It marks the adoption of Christianity through island communities during the late nineteenth century.

## 2-9 July NAIDOC Week

NAIDOC Week celebrations are held across Australia to celebrate history, culture and achievements of Aboriginal peoples and Torres Strait Islander peoples.

## 4 August National Aboriginal and Torres Strait Islander Children's Day

National Aboriginal and Torres Strait Islander Children's Day is an opportunity for all Australians to learn about the crucial impact that community, culture and family play in the life of every Aboriginal and Torres Strait Islander child.

## 9 August International Day of the World's Indigenous People

On this day, people from around the world are encouraged to spread the United Nation's message on the protection and promotion of the rights of Indigenous peoples.

The day was chosen in recognition of the first meeting of the UN Working Group on Indigenous Populations held in Geneva in 1982.

## 6 September Indigenous Literacy Day

Indigenous Literacy Day is a national celebration of culture, stories, language and literacy. This day raises awareness of the disadvantages experienced in remote communities and advocates for more access to literacy resources.

## 13 September Anniversary of the UN Declaration on the Rights of Indigenous People

The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) was adopted by the General Assembly on Thursday, 13 September 2007.



GOLD COAST NAIDOC COMMITTEE  
NAIDOC WEEK 2023 EVENTS

MON  
JULY 3

**NAIDOC Week Official Launch**

9am – 10.30am (9.30am start) | Kalwun Seniors Services  
118 Bonogin Rd, Bonogin

Celebrate NAIDOC Week with performances, a flag raising ceremony and guest speakers. Light refreshments provided.

**Elders Afternoon Tea**

1pm – 2.30pm | Jellurgal Aboriginal Cultural Centre  
1711 Gold Coast Hwy, Burleigh Heads

Elders are invited to enjoy a NAIDOC afternoon tea with the Kalwun CEO and view a video presentation.

TUES  
JULY 4

**Under 5's Play-Based Fun**

9.30am – 11.30am | Kalwun Child, Youth and Family Services  
9 Jowett St, Coomera

Fun for our young jarjums (children) with a jumping castle, bubble machine and other activities.

**Elders Yarn Up**

5pm – 7pm (5.45pm start) | Jellurgal Aboriginal Cultural Centre  
1711 Gold Coast Hwy, Burleigh Heads

Community are invited to come along and hear some local stories from our panel of Elders. Spaces are limited due to room size, RSVP to [naidoc@kalwun.com.au](mailto:naidoc@kalwun.com.au)

WED  
JULY 5

**Titans NAIDOC Community Day**

11am – 3pm | Firth Park  
Somerset Dr, Mudgeeraba

*Hosted in partnership with Kalwun, Deadly Choices and the Preston Campbell Foundation.*  
Music/dance performances, food, kids activities, information stalls and more, bring the whole family! For stall and general information contact [community@titans.com.au](mailto:community@titans.com.au)

THUR  
JULY 6

**Aboriginal & Torres Strait Islander Elders & Seniors Lunch**

10.45am (11am start) | Currumbin RSL  
Duringan St, Currumbin

All Aboriginal and Torres Strait Islander Elders and Seniors and their partners are invited to attend. RSVP is essential, email [naidoc@kalwun.com.au](mailto:naidoc@kalwun.com.au) by Friday 23 June 2023.

FRI  
JULY 7

**NAIDOC Week Celebration March**

10am (10.30am start) | Starts at the Coolangatta Beachfront  
Cnr Marine Pde and McLean St, Coolangatta

Come along dressed in Aboriginal and/or Torres Strait Islander flag colours or your favourite Deadly Choices shirt as we march through Griffith St to the NSW border and join in a Corroboree at Chris Cunningham Park (next to Twin Towns).





## Deadly Choices students enjoy a summer sun splash at Currumbin

To finish off a great year for Kalwun's Deadly Choices program, the team invited a group of young people to join them for a fun-filled day of surfing, activities and a healthy lunch.

Gold Coast students who attended the DC programs joined with Kambu students from the Ipswich area to learn to surf with Surf Easy Surfing School at Currumbin Alley.

The kids enjoyed the waves and then headed to Wallace Nicoll Park

to participate in cultural activities including painting and intricate jewellery making with artist Lalanja Tusa.

The surfing event was an amazing day out and enjoyed by students and Deadly Choices Program Officers alike with beautiful weather, crystal clear water and great company.

**For more about our Deadly Choices program, visit [www.kalwun.com.au/deadlychoices](http://www.kalwun.com.au/deadlychoices)**



## New arrivals

We love sharing these adorable photos of new bubs. Welcome to the world little ones and congratulations to our families.



Teddi, new bub of Casey and Blake.



Allira, new bub of Anna and Adrian.



Yalani-Mae, new bub of Andrea and Phillip.



Mila, new bub of Sarah.



Iluka, new bub of Casey and Blake.



Teddy, new bub of Anna and Trevon.



Carter, new bub of Charmaine and Troy.



Addison, new bub of Marnie.



Jahkylin, new bub of Courtney.



## Ngulli Social Group of Kalwun Elders explore Quandamooka Country

At the beginning of December, the Ngulli Social Group of Kalwun Elders took an end of year trip to Minjerribah (North Stradbroke Island) for a cultural exploration and immersion of Quandamooka Country.

Three Kalwun staff and 13 Elders caught the barge from Cleveland to Minjerribah and stayed at accommodation at Dunwich, a small town located on the western side of the island.

The group visited Point Lookout, Amity Point and Brown Lake, a naturally perched lake of pure rainwater that is tinged brown by the native tea trees.

There were plenty of smiles and laughter going around and the group thanked the Kalwun team for their end of year adventure.

“They treated us like kings and queens. Couldn’t have treated us better, they were honestly marvellous.” said one group member.

**For more information on the Ngulli Social Group, contact Jade Lewis on (07) 5526 1112.**





**EVERY CHILD DESERVES  
A BRIGHT FUTURE**

# **CAN YOU HELP?**

**KALWUN'S KINSHIP AND FOSTER CARE PROGRAM IS CALLING FOR MORE ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE TO BECOME FOSTER CARERS FOR OUR CHILDREN IN NEED.**

**IF YOU HAVE EVER THOUGHT ABOUT BEING A FOSTER CARER, WE WOULD LOVE TO HEAR FROM YOU.**

*Come have a yarn and let's make a difference together!*

Find out more at [www.kalwun.com.au/kfc](http://www.kalwun.com.au/kfc)

