

Kalwun Grapevine



Jellurgal
Aboriginal Cultural Centre

Summer 2020



Councillor Hermann Vorster, Kalwun Chairman William Ooi, Councillor Glenn Tozer, Aunty Joyce Summers, Kalwun CEO Kieran Chilcott and Senior Constable Carleen Armour at the Gold Coast NAIDOC Week Flag Raising Event.

Message from the CEO

Jingeri! (Hello)

What a unique and challenging year 2020 has been, for our community locally and further abroad as a result of the COVID-19 pandemic.

I would like to take this opportunity to acknowledge and sincerely thank our entire team for your collective contribution to ensure the continuation of our services in keeping our community safe throughout such an unprecedented time.

After such a testing year, it was fantastic that we could come together for two key events of celebration and acknowledgement of this year's NAIDOC theme "Always Was, Always Will Be". Our Flag Raising Ceremony at Bonogin and the NAIDOC event in partnership with Gold Coast Titans at Cbus Stadium were enjoyed by many. Thank you to

everyone who was involved in the delivery and participation of these events. Check out the wrap up and photos on **page 7**.

Kalwun is committed to quality, safety and excellence and we have recently renewed our ISO and HSQF accreditation. Thank you to all staff who contributed to the accreditation processes.

I am looking forward to our Community Christmas Event on 11 December as we look towards the upcoming festive season.

On behalf of the Board, Management and entire team at Kalwun, I wish you, your family and friends a very merry Christmas and happy and safe new year.

Ngaurai ngulungmai (speak soon),
Kieran Chilcott, Chief Executive Officer

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New approach at Bonogin centre brings renewed wellness focus

After our unplanned closure earlier in the year, the staff at the Kalwun Wellness Centre in Bonogin took the opportunity to refresh not only the physical building and grounds of the site, but also the focus of the centre as a whole.

The centre now features new landscaping, walkways, a yarning circle area as well as a new colour scheme and refreshed community areas.

With many more wellness-focussed and activity-based options for clients to choose from each day, a significant emphasis on cultural activities each week is now the cornerstone of the centre.

Clients with a creative streak are invited to join in activities such as Indigenous art classes and craft sessions, or can even take part in outdoor gardening projects. Those wanting to stretch and move can enjoy activities such as aqua fitness classes, lawn bowls or dance/seated exercise sessions. If it's exercising the brain that the clients prefer, then our options including card games, puzzles and tech classes might be right up their alley.

Specific events are also scheduled for significant dates with themed lunches, prizes for best-dressed and other activities on offer.

With a new timetable of activities released each month, there is so much for Wellness Centre clients to do and enjoy.

Also complimenting the new look and approach at Kalwun Wellness Centre is the new 'Celebration of Seniors' client shirts, which centres around the idea of people coming together to share, learn and grow.

Visit our website www.kalwun.com.au to find out more about Kalwun's Community Care Service or, to arrange a tour of the Wellness Centre, call (07) 5522 9197.





Kalwun's first Youth Wellbeing camp an 'overnight' success

Earlier this year, Kalwun's Youth Wellbeing Program held an overnight camp at The Outlook in Boonah.

On arrival, the group was greeted with some delicious lunch packs and, shortly after settling into their rooms, they started their first set of activities.

This began with a low ropes course to complete, which involved having to work through a set of low ropes, using teamwork to do it. After several attempts, the team succeeded and managed to get everyone to the end of the course.

After a great afternoon together, the group gathered in the main living room for a relaxing evening. The kids did some work in their cultural packs and some pretty intense games of UNO were played. After dinner it was time to toast some marshmallows by the campfire before watching a movie together.

The next morning was started off with a delicious hot breakfast followed by a nature walk. The group then went canoeing at Lake Maroon. Their instructor, Amy, took them through some basic canoeing skills before everyone jumped in the water.

The water was ice cold but that did not stop the kids from jumping in and having a swim. All of the children thoroughly loved canoeing and it was a perfect way to end the camp.

Overall, the camp was a great success. The kids created new memories, friendships and learnt some new skills.

For more information on Kalwun's Youth Wellbeing Program or any other programs from Child and Family Support Services, visit www.kalwun.com.au or call (07) 5520 8600.

More resources allocated for family and domestic violence support

Due to the identified gap and demand for support in the area of family and domestic violence (FDV), Kalwun now has a dedicated two-person team on hand to support clients with specific needs in family and domestic violence situations.

Our team consists of one male and one female FDV worker. The team aims to assist with ensuring a holistic, integrated service response from our Family Wellbeing service and improved access to the mainstream domestic and family

violence service system and programs that aim to reduce violence in the community.

The FDV program provides vulnerable children, young people, families, women and men with support to escape and recover from violence and abuse, empower them and to improve their outcomes.

Support is provided through ongoing practical and emotional support for individuals and families living through the abuse and for those who have escaped

the abuser. The program also works with the perpetrators, as long as it doesn't compromise the safety and wellbeing of victims and other family members.

We work together to understand our families' circumstances and plan for the future.

For more information on Kalwun's Family and Domestic Violence Program or any other programs from Child and Family Support Services, call (07) 5520 8600 or visit www.kalwun.com.au.

Telehealth services now available for all clients

Kalwun health clinics are now offering telehealth services for all clients where the GP can phone you for your pre-booked consultation instead of you needing to come in to the clinic. Physical appointments are still necessary for particular appointment types including injections, contraception procedures and wound care.

We strongly encourage our clients to take up these telehealth appointments as we are also limiting the number of clients in the clinics at any one time.

To arrange a telehealth appointment, simply call your Kalwun health clinic and advise the medical receptionist of your preference for appointment type.

Bilinga Health Clinic
Ph: (07) 5589 6500

Miami Health Clinic
Ph: (07) 5526 1112

Coomera Integrated Health and Wellbeing Hub
Ph: (07) 5514 7100



New arrivals brighten up the year in 2020

Here is proof that 2020 has still brought plenty of good news and happiness, with these beautiful new additions being born in Kalwun client families throughout the year. Welcome to the world little ones!



Jellurgal's tour for 'Little Explorers' brings culture to the Gold Coast school holiday calendar

For parents looking for ways to engage their children in culture and get them out and about in nature these school holidays, look no further than Jellurgal's new 'Little Explorers' tour.

Launching in the September school holiday period and continuing this December and January, Jellurgal Little Explorers is a specialised activity and tour experience aimed at primary school aged children from 5 – 12 years of age.

Multiple session times are available and consist of an Aboriginal art workshop and short guided walk from Jellurgal Aboriginal Cultural Centre to Burleigh Head National Park and Tallebudgera Creek. Children and their carers visit significant sites and environmental features which have played an important part in the lives of the Yugambeh speaking people for thousands of years.

The tour price includes:

- an art workshop with children able to take home their creations (approximately 30 minutes)
- walking tour along the shaded Oceanview Track at Burleigh Head National Park (approximate round trip distance of 1km and duration of one hour)
- activity booklet for children to fill in on their walk and take home.

The Jellurgal Little Explorers tour is \$25 per child, with one adult per child able to attend free of charge (at least one adult per family group of children must stay for the duration of the tour). Tours are running on selected dates during the school holidays with sessions starting at 9am, 11am and 1pm.

For more information or to book a Jellurgal Little Explorers tour, visit www.jellurgal.com.au/tours/jellurgal-little-explorers



Online shop a great way to skip the Christmas rush

Shop for friends and family from the comfort of your couch with the mobile-friendly Jellurgal Online Shop. With a range of authentic artworks, jewellery and other items created by talented Indigenous artists, the online shop offers shipping Australia-wide or the option for the convenience of free pick-up at the Centre.

Check out the shop at www.jellurgal.com.au/shop



Events and updates

Merry Christmas and Happy New Year from Kalwun!

The team at Kalwun would like to wish all our clients and partners a very Merry Christmas and Happy New Year.

We hope you enjoy a safe holiday period and we look forward to seeing you again in 2021.

Please note that all Kalwun sites will be closed from midday on Wednesday 23 December 2020 and will be operating again from Wednesday 6 January 2021.

11 December

KALWUN COMMUNITY CHRISTMAS EVENT

9AM - 12PM

Kalwun Community Care Service,
118 Bonogin Road, Bonogin

Join us as we celebrate the end of a year like no other with our annual Community Christmas Event.

We will have kids activities and a visit from Santa, plus much more.

We hope to see you there!

Please note: Due to COVID gathering restrictions, all attendees will be required to complete a pre-screening form and temperature test and must stay at home if unwell or have a cough, fever, sore throat, fatigue or shortness of breath.

This is an alcohol and smoke free event.

26 January

AUSTRALIA DAY/SURVIVAL DAY

On Australia Day, the National Australia Day Council (NADC) recognises the unique status of the Aboriginal and Torres Strait Islander peoples. The NADC advises that it is committed to playing a part in the journey of Reconciliation by helping all Australians to move forward with a better understanding of our shared past, and importantly how this affects the lives of Aboriginal and Torres Strait Islander peoples today and how we might build a better future together.

For more information visit www.australiaday.org.au/about/reconciliation

13 February

NATIONAL APOLOGY ANNIVERSARY

Anniversary of the formal apology made on 13 February 2008 by the Government and the Parliament of Australia to Australia's Aboriginal and Torres Strait Islander people in particular to the Stolen Generations.

NAIDOC WEEK

8-15 NOV 2020

After NAIDOC Week was delayed from its usual July dates, we were happy to be able to celebrate in November with some great community events.

Community came together on Monday 9 November at the Gold Coast NAIDOC Week Flag Raising, held at Kalwun's Community Care facility in Bonogin. After an engaging Welcome to Country by Clinton Brewer, we heard from guest speakers Nichelle Nona and Councillor Glenn Tozer and enjoyed a performance from the Badulgal Torres Strait Islander Dance Group. The flags were raised and everyone enjoyed a delicious morning tea from the team at Kalwun Community Care.

Later in the week, families and friends joined to celebrate NAIDOC Week at the Gold Coast Titans NAIDOC Event at Cbus Stadium in Robina. With entertainment, stalls and activities for the kids, it was great to see community out and about and together again.



Always Was,
Always Will Be.

8-15 NOV 2020



KALWUN



www.kalwun.com.au

Kalwun. Community Christmas Event

FRIDAY 11 DECEMBER | 9am – 12pm

Kalwun Community Care, 118 Bonogin Rd, Bonogin

**KIDS ACTIVITIES • SANTA VISIT
FREE BARBECUE BREAKFAST
FREE EVENT • COVID-SAFE EVENT**

Please note: Due to COVID gathering restrictions, all attendees will be required to complete a pre-screening form and must stay at home if unwell or have a cough, fever, sore throat, fatigue or shortness of breath.



ALCOHOL & SMOKE FREE EVENT