

Circular Head

Aboriginal Corporation

NEWSLETTER

OCT - DEC 2022



CHAC



MAIN OFFICE: 10 KING ST. SMITHTON
HEALTH CENTRE: 165 NELSON ST. SMITHTON



PO BOX 335,
SMITHTON TAS 7330



(03) 6452 1287



RECEPTION
@CHAC.COM.AU



MAIN OFFICE:

MON-THURS: 8:00AM-4:30PM

FRI: 8:00AM-2:30PM



HEALTH CENTRE:

MON-THURS: 8:30AM-5:00PM

FRI: 8:30AM - 3:00PM



ACKNOWLEDGEMENT OF COUNTRY

The Circular Head Aboriginal Corporation acknowledges and pays its respects to the traditional and continuing custodians of the lands on which we live. Our organisation pays our respects to the Elders – past, present and emerging and their continued cultural and spiritual relationship to the land, sky and seas.

The Tomme-ginner people of Table Cape

The Parper-loi-hener people of Robbins Island

The Pennemuker people of Cape Grim

The Pendow-te people of Studland Bay

The Pee-rapper people of West Point

The Ma-ne-gin people of Arthur River

The Tar-kiner people of Sandy Cape

And the Pe-ter-ni-dic people of the Mouth of the Pieman River.

BOARD MEMBERS

CHAIRPERSON: Selina Maguire

VICE CHAIRPERSON: Gypsy Draven

TREASURER: Aaron Robertson

SECRETARY: Steph Johnston

DIRECTOR: Andrea Ollington

DIRECTOR: Darryn Grey

DIRECTOR: Scott Ennis

DIRECTOR: Stuart Smith

DIRECTOR: Robin Searle

DIRECTOR: Colin Lamont

EMBRACING
CULTURE TO
INSPIRE AND
EMPOWER
ABORIGINAL
PEOPLE.



Merry Christmas

AND HAPPY NEW YEAR!

-from all part of
the CHAC team



A LETTER FROM CHAIRPERSON SELINA MAGUIRE-COLGRAVE

Firstly I would like to thank you all for such an amazing year, it goes without saying that it certainly was a big one in more ways than one, but on behalf of the board thank you to all staff, volunteers, my fellow board members and especially this wonderful community of Circular Head for all that you've done and for all your support. I sincerely wish you each a Merry Christmas and a Happy New Year. Bring on 2023!

The last 3 months, and the last year have certainly been eventful. We had one of best NAIDOC Week's yet, thank you to all those attended and/or supported through the week to make it such a memorable one and highlight for our 2022 year.

Politically, we have never had another year like it. It started off with positive aspirations with the release of the Land Returns Consultation Paper, which was met with its own set of challenges. But was a pleased to announce that Gypsy Draven will fly the flag to represent the North West Community's interests on the Aboriginal Advisory Committee as part of that process.

I would like to thank all those, who in my absence, Got Up, Stood Up and Showed Up at the Premighana Protest. I am beyond grateful for your continual support. It may not feel like we made a difference at the time, but even our small, and often silenced voices, can make difference! Never stop fighting for what you believe in and what is right. Little actions can speak volumes, and hopefully one day soon we can join hands with our brothers and sisters to view this significant piece of history once again.

I was devastated to have to stand in front of our community in a Vigil for young Cassius Turvey, a time that we are all reminded that our fight as Aboriginals and of people of colour is never over!

I am eager for what 2023 might bring, surely it'll be met with its own set of challenges, but I hope that we can equally meet them with successes, triumph and celebration!





Annual General Meeting 2022

HELD ON OCTOBER 19

The evening started with smoking ceremony by member, Leslie Dick and an acknowledgement of country by Director, Malcolm Wells. Following formalities, the Chair gave thanks to and gifted our two departing directors as a token of acknowledgement of their service to CHAC. Following the financials, the board received nominations for the current vacancies on the board, from which three new board members were elected and two re-elected. Welcome Colin Lamont, Scott Ennis and Stuart Smith, and thank you for your continued service, Aaron Robertson and Luke Grey.



THANK YOU TO DEPARTING DIRECTORS MALCOLM WELLS & SAM CLELAND

We are grateful for your contributions and dedication over the years and wish you all the best.



WELCOME TO OUR NEWEST BOARD MEMBERS APPOINTED AT OUR OCTOBER GENERAL MEETING SCOTT ENNISS

Scott was born and raised in Circular Head. He has 5 children & 2 grandchildren. His father's family were pioneer settlers in Montagu & his mother's family were early settlers in Edith Creek & Stanley. He spent 25 years farming, 3 years as a tour guide at Dismal Swamp & have been an Indigenous employment consultant since 2011. He is passionate about learning & growing our culture/language in Circular Head to pass on to our youth.

COLIN LAMONT

Although Colin resides in Latrobe, he has remained connected to CHAC through his many friendships in the Circular Head area. Colin feels compelled to stand up for his friends who continue to have their Aboriginality questioned despite being proven as such under the Federal Court challenge. Colin is in his second year as a Graduate Entry into a Bachelor of Law. Together with his study and his director role on the CHAC board he hopes to in the near future help protect their interests as Aboriginal people of Australia.

STUART SMITH

Stuart currently spends his days at the Abalone Farm and at Highfield Historic Site. He has always had an interest in all areas of history with a particular focus in Aboriginal history. Stuart is eager as part of the board to introduce some archaeology in the region to enhance the education of Indigenous and Colonial history. He believes it is imperative to be truthful and accurate in regard to history and education, which has been a questionable topic over time.





CONGRATULATIONS TO GYPSY DRAVEN

Congratulations to Gypsy Draven, who has recently been appointed as a member to the newly formed Aboriginal Advisory group. The group will work together with our Tasmanian Government to co-design a clear and defined process for Truth Telling and Treaty in Tasmania. Developing this process is an important milestone that will pave the way for a chance for real Truth Telling to happen. We are proud that Gypsy will be able to represent the North West area and the Aboriginal and Torres Strait Islander peoples of this area.

VIGIL FOR CASSIUS TURVEY

Sadly, on November 3rd, CHAC had to join the nation to host a vigil for Noongar teen, Cassius Turvey. Cassius was killed after an alleged racially motivated violent assault in Perth. The pain of his loss was felt in the hearts of many all around the nation including here in Smithton. Whilst only a small vigil, it was certainly a moving one. Selina Maguire-Colgrave, Chairperson and ex-colleague of Cassiu's mother, spoke passionately about racial discrimination. "What I'm about to talk about is uncomfortable – but not as uncomfortable as fearing for your life purely because of the colour of your skin," she said. "Tens of thousands of people all over Australia have come together for two reasons - to honour the life of Cassius and to say enough is enough to the senseless killing, violence and incarceration of our black brothers and sisters." "Our lives matter." She declared.



Protest for the Preminghana Petroglyphs

Whilst a protest is not usually the way CHAC would like to make their voices heard, we were left with no choice when we learned that the Petroglyphs from Preminghana were to return and be buried. The protest was held on November 23, down at Preminghana on the same day that the Tasmanian Museum & Art Gallery returned the petroglyphs into the hands of the Aboriginal Land Council of Tasmania. CHAC remained steadfast in their statements and opinion, in that they were never protesting the return of the petroglyphs to country, nor even who they were returned to, but rather that that body decided to bury the petroglyphs without any inclusion of CHAC or the Aboriginal people that reside in Circular Head. CHAC did not agree to the petroglyphs being buried and believe that they should be viewable and accessible for all peoples, however that is achieved. Despite at the time feeling as if they protest was falling to deaf ears, we have heard that they'll be open to the public for viewing, or at least by way of a "tour". This would be an incredible opportunity for many in the Circular Head region, including our youth who will hopefully be able to lay witness to this important part of North West culture that can continue to inspire and empower them.

"Thank you to all those, who in my absence, Got Up, Stood Up and Showed Up on behalf of this cause. I am beyond grateful for your continual support. It may not feel like we made a difference at the time, but even our small, and often silenced voices, can make difference! Never stop fighting for what you believe in and what is right. Little actions can speak volumes" says Selina.





You are invited to join a research study

All Aboriginal children aged 4 to 16 years are welcome to join a study looking at chest/breathing problems in children.



Dr Heinrich Weber and UTAS are conducting a Children's Breathing Research Project (HREC registration number: 23737) to find out more about how common breathing or chest problems are in our community. We then wish to find out possible reasons for such chest problems.

We also know that we have to address chest problems in childhood to ensure a healthy adult life.

1

Complete Health Survey with CHAC Staff

2

Appointment for a Lung Function and Allergy Test



Loowunna Tarla-Burra

Please contact the Circular Head Aboriginal Corporation to find out more about the project or register your interest in participating. Contact CHAC on Phone 0484 541 143 or 0472 723 948



Healing Journey Aboriginal Cancer Support

Let us support you, and those close to you throughout the cancer journey, from pre-diagnosis to recovery and beyond.

Healing Journey aims to support Aboriginal people walking through their cancer journey. Support is available to family members, extended family members, Elders, friends, and carers. (this includes non-Aboriginal people important to them).

SUPPORT & GUIDANCE

- Clinical & non-clinical pathways
- Support with medical appointments
- Understanding medical terminology
- Assistance with transport
- Social support
- Mental Health & Wellbeing
- Referrals



COORDINATOR: KELLY BURKE

- (03) 6452 1287
- k.burke@chac.com.au
- 10 King Street, Smithton, TAS, 7330
- PO. Box 335, Smithton TAS, 7330

Healing Journey is funded through Cancer Australia's Supporting people with cancer Grant initiative. The content is solely the responsibility of the grant recipient and does not necessarily represent the official views of Cancer Australia.



You are invited to join a research study!

All Aboriginal Children aged 4 to 16 years are welcome to join a study looking at chest/breathing problems in children.

The Project Coordinator Kori, together with the help from the ITC Program are supporting Dr Heinrich Webber and UTAS to conduct a Children's Breathing Study. The Breathing Study is starting in the New Year focusing on chest and breathing problems in children. With the high rate of breathing complications effecting the people of Circular Head – especially Asthma, this study has the potential to identify triggers, unlock new clues to better treatment, enhancing medical services and improve the overall health and well-being of future generations.

Loowunna Tarla – burra Children's Breathing Study is open to all Aboriginal children between the ages of 4 years old to 16 years old. For information and to sign up contact Kori Kenny on 03 6352 1287/ 0484 541 143.



Visiting Specialists to CHAC Health Centre

ABORIGINAL & TORRES STRAIT ISLAND FUNDED SERVICES

- PODIATRIST
- PSYCHOLOGIST
- EXERCISE PHYSIOLOGIST
- DIETITIAN
- SPEECH PATHOLOGY
- TOTAL EYE CARE
- DERMATOLOGIST

Appointments are booked via the Health Centre reception 64 154 722

PRIVATE CLINIC'S- AVAILABLE TO ALL

- ROYAL FLYING DOCTOR SERVICE- MOBILE DENTAL CARE- 0429 322 253
- YFCC- Drug & Alcohol Support worker - 0439 029 618
- HEARING AUSTRALIA - 64 326 500
- FOOTPRINTS PODIATRY- 64 257 333
- COMFORT CLEAN EAR - 1300 380 060
- ALI MACRAE PHYSIOTHERAPY - 0417 856 322
- ISLAND CHIROPRACTIC - 64 319 388





SUMMER HOLIDAYS

JANUARY 2023 STUDENTS IN GRADE 7-12

12th *Learn to Surf*
Godfrey's Beach, Stanley
Wetsuits and board included + BBQ
Bus leaves Council at 12 noon
Cost \$15

16th *Ulverstone waterslide*
Ulverstone water slide
Bus leaves Council at 9am
Lunch included, bring your own snacks
Cost \$10

27th *Skate Park Day*
Learn some skills with Drop in Skate School
Bring a helmet!!
Make your own sounds and music with Ben from Loop Jam
BBQ lunch and drinks provided
FREE



BOOKINGS VIA TRYBOOKING OR CALL
Jodie at Council 6452 4803
CHAC 6452 1287



A SPECIAL THANK YOU TO JANETTE MILLS

Your care and work in this organisation does not go unnoticed! We greatly appreciate you and all that you do. Thanks for making this time of year and every time of year such a merry one.

Congratulations Krystle House

CONGRATULATIONS to KRYSTLE House for being awarded the Partial Scholarship for the National Volunteering Conference in Canberra on the 13/14th of February 2023. This achievement came shortly after having already being the successful recipient of the Kate Warner Scholarship through Volunteering Tasmania earlier in the year! Your work in our Learner Driver Mentor Program has been fantastic, and its so pleasing to see you receiving the recognition you deserve!



Healthy Eating

MONDAYS AT TRAWMANNNA 11 am - 2 pm

- Hands on Cooking with friends.
- Learning and sharing health & nutrition information.
- Meal Planning & organisation tips.
- Ingredients & budget shopping.
- Receive your own cookbook with amazing recipes to create at home.



CONTACT CHAC OR SALLY 0400 613 770

Lifestyle And Mind Balance (LAMB) PROGRAMS



Health & WELLBEING

TUESDAYS, PENDING ON EVENT & VENUE

ENJOY ENCOURAGING EXPERIENCES TO IMPROVE LIFESTYLE BALANCE, MENTAL HEALTH & WELLBEING.

- Stress reduction techniques
- Art therapy, Pet therapy
- Beach combing, Nature exploration
- Relaxation & Mindfulness activities
- Connecting with a small group, creating friendships and experiences.

CONTACT CHAC OR SALLY 0400 613 770





CHAC Program Updates

CHILDREN & SCHOOLING SMART, STRONG & PROUD PROGRAM

Our Smart, Strong and Proud program is aimed at young people aged between 12-18 years of age. The focus for the coordinators is to mentor and build the capacity of students who are particularly at risk of disengagement from education and improve their educational outcomes.

The Smart Strong Proud Coordinators have been super busy in term 4 working with our local Primary Schools and the Smithton High School on their transition sessions into year 7. This term the team have supported smaller transition groups in the Smithton High school where the students had access into different option classes for the afternoon periods. Along with the smaller sessions, the year 6 students were supported right through to their orientation days which gave them a taste of what the next year is going to look like for them and also the combined all school year 6 sleepover. The Coordinators have been the friendly faces in a whole new daunting environment that these year 6 students are entering. Students and parents alike have felt supported throughout this process for the beginning of their high school years.



EARLY CHILDHOOD PROGRAM

The Early Childhood Program is aimed at enhancing positive early development for the children of the Circular Head Community through interactive play that develops their social, emotional and physical skills. The program offers a number of free services for parents and young children to attend, that encourages learning through play. These sessions also become a space for parents and caregivers to develop social and support networks; knowledge, skills and a capacity for parenting; and sustaining family well being.

With summer on its way and weather warming up, people flock to open water ways, which is likely to be more dangerous. Studies show that for the summer of 2022, 47 people have drowned in open water ways. With this information we decided to have a full week of activities based around water awareness and sun smart.



With Laurie & Emma Laurence from Kids Alive Do the Five, Tasmania KidSafe, Smithton Swirl, Greenham Tasmania and Australian Cancer Council jumping on board we were able to give each family a pack filled with educational goodies.

This is just one of our many themes which educates our children to be safe and to be aware of their surroundings.

Keep an eye out on our Facebook posts for an exciting 2023





CULTURE & CAPABILITY PROGRAM

The Culture and Capability Program aims to support the Indigenous community of the Circular Head region to rediscover, learn and maintain their culture with a focus on intergenerational transmission of knowledge. The central theme is similar to that of CHAC's mission to inspire and empower Aboriginal people by embracing culture. This is achieved by maintaining a strong involvement, presence and public awareness of Indigenous culture in the Circular Head community by way of preservation, presentation and exchange of culture. Cultural presentation is mostly transparent through community activities and events.

The program has largely been busy with multitudes of on-country trips. Most notably are those provided for the Saint Peter Chanel school, even given the rainy weather we've had over the past month or so, together with the Early Childhood Coordinators, each Grade were given the opportunity to be taken somewhere special. Both the Kinders and Preps were taken to Trawmanna where they undertook a number of cultural activities and learning experiences. Grades 1 and 2 went together to Stanley to spend time on the beach while doing activities. Year 3 were taken to West Point to experience the home of the Peerapper people, by immersing themselves in the hut depressions and experience the many middens in the area. The Year 4s were taken to Table Cape, and although the tide timing didn't work in our favour for this date, we were able to speak of the Fish Traps and the life of the Tommeginner people. The Year 5s were taken to Sundown where they could enjoy time on the beach and view the petroglyphs. The Year 6s were taken to Cape Grim, where they could view Suicide Bay and learn the history of the Cape Grim massacre of the Pennemuker tribe.





New Parents Group

For all parents with a new baby.

A chance for all new mums to get together and meet other women in the same depths of motherhood. A culturally safe environment to form friendships and share stories.

We have a 7 week block of guest speakers to cover subjects such as SIDS, infant First Aid, infant massage, postpartum bodies, milestones, intro to solids and family planning.

Where: Oakleigh House, 20 King Street
When: Every Tuesday starting 14th of February

Session times will be provided when we know numbers
Light morning tea provided

For more information and to book your spot please make contact with Shae and Kristy via our Facebook page or 0407929666



COME JOIN IN THE FUN

New Directions are hosting swimming lessons at Tall Timbers, these lessons build skills, confidence & water awareness

FREE FOR CLIENTS ONLY

6 WEEK BLOCK
MONDAY MORNINGS
STARTING THE 13TH OF FEBRUARY THROUGH TO 20TH OF MARCH



YOUTH MENTAL HEALTH & FAMILY VIOLENCE PROGRAM

The Youth Mental Health & Family Violence Program coordinator provides one on one support to young people, aged 12-25 who identify as Aboriginal and Torres Strait Islander within the Circular Head community. This support includes assistance with the referral process for mental health professionals, including transports and visits to appointments.

The coordinator would like to wish all clients a safe and happy new year. The Tiddas 4 Tiddas has come to an end for the school year. This saw many huge achievements for young Tiddas in the group. Some gaining work after grade 10, attending school on a regular basis, dealing with stressful situations and creating a bond between the other group members. The coordinator is excited to be introducing the Shark Cage Training into the school and community early next year. This training is an evidence based program for women and young girls addressing family violence/un-healthy relationships.





STRIVE TO DRIVE - LEARNER DRIVER MENTOR PROGRAM

The Learner Driver Mentor Program endeavours to engage the disadvantaged community members of Circular Head in helping them to achieve the hours needed to attain their provisional driver's licenses. Recently, together with the Circular Head Council, the Program hosted the Full Gear Motorbike Program, where life coach and motorcycle enthusiast Jon Evans took seven local youths through the safe riding. "We provide that two-day course for free, we also provide \$400 worth of motorbike safety gear," he said. The safety program was designed to tackle community frustration regarding illegal, unsafe and nuisance trail bike riding on local streets. *Words from The Advocate.



PRISONER REHABILITATION POST RELEASE PROGRAM

The Prisoner Rehabilitation Post Release Program provides Aboriginal and Torres Strait Islander people that are exiting the prison system the pathways for social and emotional wellbeing, support with employment, Housing, referrals to the Aboriginal legal service, Legal aid, mentoring and much more.

The program has had some changes of late with the inclusion of Cindy Schuurung who has moved over from her role as Alcohol and other drug coordinator. Cindy has taken this position that was left vacated after long time PRPR coordinator Jarrod Farrelly moved to his new role as Operations Manager at CHAC.

The justice department which also consists of Danieka Hanson have recently spent some time in Hobart strengthening our relationships with the Tasmanian Aboriginal Legal service. We got to learn more about the services that they provide to clients and how they tailor these services. We also were lucky enough to go introduce ourselves to the lovely ladies at SIS – Support Information and Strength who focus on supporting people around domestic family violence and closing the gap around the needs of clients who may be trying to flee, finding financial independence, mental health services for families impacted including the children and much more. They are looking at expanding up the coast and are looking at opening a new Burnie office in the new year.

We also visited the Risdon prison complex where we made a couple of professional visits as well as doing our yearly induction which allows us to enter a number of areas inside the prison complex.

We were hoping our next visit might include taking our Culture Coordinator Camilla Woolley inside the prison where she can bring some more culture to our clients that have been incarcerated.

Please contact Mathew (Wak) Walker or Cindy Schuurung at CHAC if you have any further questions regarding the justice system. We are only too happy to help. Ph, 0493026284

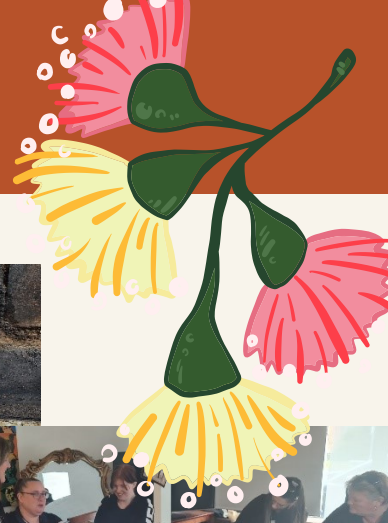
YOUTH PREVENTION DIVERSION PROGRAM

The Youth prevention and diversion program has been busy over the last few months building relationships with Risdon prison and Ashley's Detention Centre as well as the Tasmanian Aboriginal Legal Service. The aim of this relationship building is to help close the gap for youth reintegrating back into the community so that their rehabilitation journey can be better supported. The program also aims to also help bring culture into these spaces with the help of CHACS culture coordinator Camilla Wooley, so that young people who are sentenced to either prison or Ashley's still remain connected to culture. The youth prevention and diversion Coordinator, Dani Hanson has been able to achieve this by working alongside the Prisoner Rehabilitation Post Release Program with Cindy Schuurung and Mathew Walker.

Dani has also been spending time at the Primary schools and working on life skills with students and helping them to learn to cook for themselves. This program has proven to be successful in helping young people to not only make a cook book with their own favourite recipes but also helps them build connection with their school through sharing their food with their classmates and teachers. This program has proven successful in teaching resilience and patience as well as helping young people understand why measurements and reading a recipe are important.

In at Smithton High school Dani has teamed up with the what's up class to help a group of young boys make wooden coasters and tea light holders. This project came with many road blocks however this was seen as an opportunity for resilience building and learning patience rather than giving up. The drive behind this was the connection to community as the aim was to make something that could be sold at a market stall to raise funds for the ABC giving tree.





INTEGRATED FAMILY SUPPORT SERVICES

The Integrated Family Support Services Program would like to welcome Jess Miles to the program. As Jess joins the team we say goodbye to Sonia Nicholson; thank you for all your hardwork and for all the support you've given to many families over your years in the program!



SOCIAL & EMOTIONAL WELLBEING

Merry Christmas from the Social Emotional Wellbeing program (SEWB).

SEWB have adapted a moto for the year and it's working great – it's not about the outcome, it's all about how doing it makes you feel. As adults we tend to forget things don't have to be perfect or beautiful, experimenting with ideas and making a mess can be fun, it's ok to laugh at ourselves, relax, have a chat and coffee, accept help and just be in the moment, be spontaneous or organised, just be you.

Our SEWB Team love meeting new people, learning new things, sharing our own skills and knowledge, talking about all kinds of this 'n' that. We'd like to invite you to come along and join us on our adventures On Country and participate in the one-off workshops that are open to men and women, such as Painting with Words – facilitated by Fran Joyce.

It's fair to say that SEWB has had a year filled with yarning, distractions, de-stressing and cultural activities and On Country adventures, strengthening connection to country all while learning a little about ourselves along the way. The SEWB participants have had so many different and interesting challenges over the year, such as attempting the DIY Wood Craft Kits and learning how to make Knot Blankets, building Christmas Trees from Shells is a lot harder than it looks. The Stealthy Health approach was often in the form of casual yarning about mental health and wellbeing, sharing our culture, peer support, taking stock of how we take care of ourselves, our spirituality, our family, what's important to each of us, our triggers, our physical health and so many everyday things that we just need to share and tell someone that's over the age of three.

·Women's Health and Wellbeing Group is every second Tuesday drop in for a yarn and some R&R. Starting again on the 11th Jan 2023 @ Trawmanna, 73 Mella Rd, Smithton.

·A little update on Octobers Mental Health Month activity

·The awesome CHAC staff got together to form a team to join Black Dogs, One Foot Forward – Walk for Mental Health. The CHAC Stepping Out team consisting of 20 members took up the challenge to raise awareness for Mental Health and walked 2,478KM raising \$276 in the process for The Black Dog Institute. Go Team.

Merry Christmas - Safe & Happy Holidays

From the SEWB Team



ALCOHOL & OTHER DRUGS PROGRAM

The Alcohol and Other Drug Support Program is designed to deliver support to individuals and their families, with services tailored to suit their needs including referrals to other services, home visits, outreach, advocacy, school and community education, transport to appointments, and culturally safe trips on country.

We wish to welcome Kristy who has recently joined the team as the AOD Coordinator. She currently is working on a project collaborating with the Circular Head Chronicle to deliver excess newspapers into the community with her clients. This has brought a sense of purpose and fulfilment to them.





LIFESTYLE & MIND BALANCE PROGRAM

Improved Mental-Health and Wellbeing program has been running very successful Yoga sessions, starting off weekly with participant numbers growing and re-locating to a larger venue at the Guide Hall, now twice a week.

Mondays at 10am and Friday's at 5.30pm. It's great fun, with our professional instructor, Sarah Cook. "I love coming to yoga because it helps with flexibility of the joints, and hopefully minimise the possibility of a joint replacement in the future" says one client.

Improved Healthy Cooking program has participants loving the experience at Trawmanna on a weekly basis. The program consists of learning & seeking fresh produce from the vegie garden and making a delightful, nutritious meal together.

The program shares Health awareness and topics such as, budgets, mealplanning, dietary requirements, reading labels, supermarket lure tactics, food intolerances or allergies, disease prevention, cooking styles, hints & tips, fresh ingredients and so much more. Our nutritious home cooked meals made on site are collated into a Cookbook for participants to share with their households.



INTEGRATED TEAM CARE PROGRAM

The ITC has been powering along throughout the year assisting Aboriginal people living with chronic illness with lots of different things, from medical transports and appointments right through to providing information on Closing the Gap and how to access 715 checks from your local doctor. ITC's Registered Nurse and Aboriginal Health Worker could often be found doing home visits. Regularly coordinating medical services, providing general health checks and advocacy including checking wounds, providing health advice, and breaking down medical information and instructions from specialists and general practitioners to ensure their clients health and wellbeing needs are being met.

Men's Health & wellbeing Group runs every Tuesday for the local men of Circular Head. They like nothing better than getting together and yarning, sharing skills, swapping stories, supporting each other, having a home cooked meal, relaxing on the couch or helping out the gardener and groundsman wherever they are able. The group is often visited by guests popping in to check out Trawmanna's grounds and its ever-growing community garden. Any given Tuesday can see health specialists, councillors, service providers, politicians, tourists, visitors from other Aboriginal Organisations and men just passing through. There is never a dull Tuesday.

ITC offered an opportunity for clients to participate weekly in a Hydrotherapy and Gentle Aqua Swimming Program. The aim of the program was to encourage and improve physical and mental wellbeing within the ITC client group. Clients were treated to a light physical water exercises program that was adapted by the awesome SWIRL crew to each participants ability. The last day of the swimming program was held on the 30th November after being extended due to its popularity.

The ITC and Social Emotional Wellbeing Programs (SEWB) got together and put on a luncheon for the Men's Health & Wellbeing Group they were joined by members of the Circular Head Men's Shed as well as men from in and around the local community to celebrate and acknowledge International Men's Day.

Men's Health & wellbeing Group is held every Tuesday at Trawmanna (73 Mella Rd, Smithton). The first Men's Health Group for 2023 will be on the 10th Jan, starting at 10.30am onwards.

Merry Christmas & Seasons Greetings

Have a safe & happy holiday from the ITC Team here at CHAC





Aged Care Services

SENIORS WEEK 2022

Celebrated October 17-23, those participants in our Aged Care Services were treated with a week full of fun activities. A definite highlight was that of the on country trip where participants were taken to Kennaook (Cape Grim) and to Preminghana (Mt Cameron) by our Culture Coordinator, Camilla Woolley. For many this was the first time they have had the opportunity to visit these significant areas, and also the first time in a long time to even travel down the North-West Coast. There was certainly broad smiles on all faces that day as they were able to reflect on each significant place and enjoy one another's company.

Mid week the clients went for a visit and tour of the local, Circular Head Heritage Centre, most were treated to moments of fame as they read their names as part of the local history.

The regular program, Bingo, went ahead with all the bells and whistles that Seniors Week deserves.

Toward the end of the week, the clients were taken through to Burnie for a trip to the Rhododendron Gardens. Like the On-Country visits, an opportunity many are rarely afforded, simply due the distance needed to travel.

To conclude, instead of the regular Katie's Corner the clients visited the Seniors Expo hosted by the Circular Head Council where they were able to learn of local services and opportunities and experiences for Seniors in the community, whilst also enjoying a lovely lunch.

Merry Christmas to all clients from the Aged Care Services Team :)



In late October we were so excited to give our first transportation in our new bus. The bus is wheelchair friendly and will work as a great opportunity to transport small groups to and from our programs and more. We have plenty of big plans for this bus to help better service our community, so please, watch this space.





Highlights of 2022

ABORIGINAL FLAG FLIES AT CIRCULAR HEAD COUNCIL CHAMBERS

To launch NAIDOC 2022, CHAC were overjoyed to at last gift the Circular Head Council with the Aboriginal and Torres Strait Islander Flags, which will now remain on permanent display on the new flag poles. Having the flags on permanent display at the Council Chambers has been a long time coming, we would like to make a special mention of Kelsey Williams, who was a leader in advocating for its permanency alongside other youth in this community. It was an honour to have Kelsey as one of our flag raisers to mark this event at the Flag Raising Ceremony.



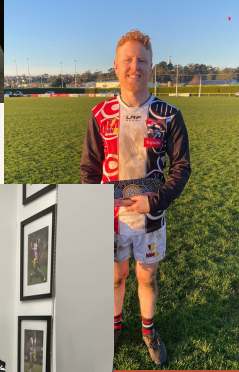
NAIDOC CELEBRATION DAY 2022

A record attendance at our annual NAIDOC celebration day made this a definite highlight for 2022. It was especially wonderful to see 6 local schools/childcare centres join in and participate in the day. The theme was Get Up, Stand Up, Show Up. Speeches on the day also attested to the 2022 theme, making reference to togetherness and standing up for culture and identity.



NAIDOC JUMPER, NAIDOC FOOTBALL MATCH & JUMPER IN YAWA ROOM

It is clear the NAIDOC 2022 definitely held many highlights for our 2022 year, and rightfully so. A year of highlights can not go without mentioning the INAUGRAL NAIDOC football jumper! Designed by our own Camilla Woolley. Together with the jumper presentation and NAIDOC Week Football Match, the beauty and achievement of this jumper for the community was on show for all to celebrate and be part of. "This design pays my respects and acknowledges the ancestors of the North West Nation - the country on which I live, work and play. The motifs on the red and black are my interpretation of the petroglyphs that can be found in various places along the North/West Coast. These petroglyphs are rock carvings that tell an unknown story and are reminder of thousands of years of occupation on this country by the ancestors, who walked here before us. The prints on the white through the centre pay homage to the magnificent Wedge Tailed Eagle and all the other wildlife of this country. Above all, the prints recognise our continuing journey" says Camilla. To top this off, later in the year we were overjoyed to receive the news that this jumper is now on display at the St Kilda Football Club's YAWA room. Well done Camilla! What an achievement! We can't wait to see what you do next year!





Highlights of 2022

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDRENS DAY

Wow! What an amazing day celebrating National Aboriginal and Torres Strait Islander Children's Day!

Together our Early Childhood Program, New Directions Program and Integrated Family Support Services Program hosted a day filled with cultural activities for our young ones.

Together the program's clients, as well as local primary schools and childcare joined us to celebrate and enjoy the day.

As well as many cultural activities and play, the children were able to enjoy some reading time with Hearing Australia and were able to leave with a lovely gift bag, all of which contained a cultural book thanks to Kmart !



SENIORS WEEK

Although you've already about the joys of this event, it certainly needs to be mentioned as part of our 2022 highlights. The week was filled with a fantastic program of events for our Seniors Community with particular emphasis on the ON-Country Day to Cape grim & Preminghana!

YODEL LAUNCH

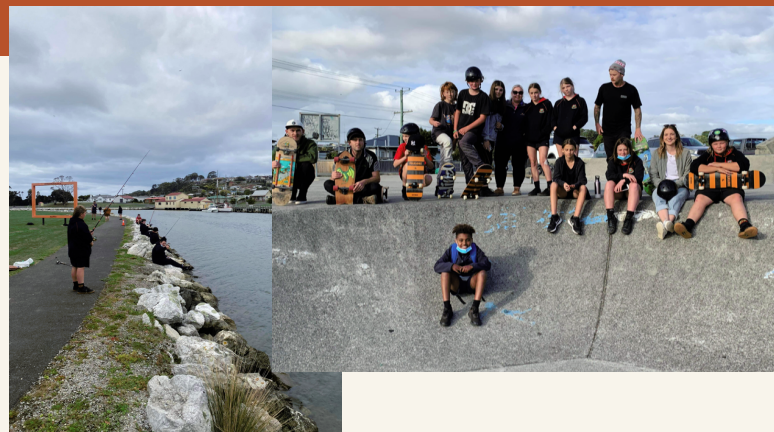
Congratulations to Kori & Dani on the launch of the YODEL website! They worked together with the youth of the Circular Head Community to construct a website as a Youth Online Drug Education Library.

Head over to <https://yodel.chac.com.au> to check it out



YOUTH WEEK 2022

Back in April 4th-8th, we celebrated an action packed Youth Week program from our Smart, Strong & Proud Program and Youth Mental Health & Violence Program. With great events like fishing, skate school, and the iconic Youth Fest, the week certainly achieved its goal of bringing the youth of this community together as youth for varying backgrounds flocked to be part of the fun activities. Well done team!





CIRCULAR HEAD ABORIGINAL CORPORATION NEWSLETTER

