



tarkiner

Circular Head Aboriginal Corporation & Tarkiner

Newsletter

JULY - SEPTEMBER 2025

THIS EDITION

- **NEWS** - Community Achievement Award, Our Story Mural, Showcase of Our Northwest Country – BAMAY on NITV
- **UPCOMING EVENTS** - Mood Boost, Time Capsule, New Parents Group & Swimming Awareness
- **INTRODUCING MARMANAR** - Reawakening the Language of Northwest Tasmania's 12 Tribes
- **PROGRAM UPDATES**
- **SPECIAL EVENTS** - NATSI Children's Day, NAIDOC

BOARD MEMBERS

CHAIRPERSON: Selina Maguire

VICE CHAIRPERSON: Gypsy Draven
TREASURER: Aaron Robertson
DIRECTOR: Andrea Ling
DIRECTOR: Luke McNamara

DIRECTOR: Jennifer Garnsey
DIRECTOR: Kelli D'Monte
DIRECTOR: Dillon Roberts
DIRECTOR: Angie Moles

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



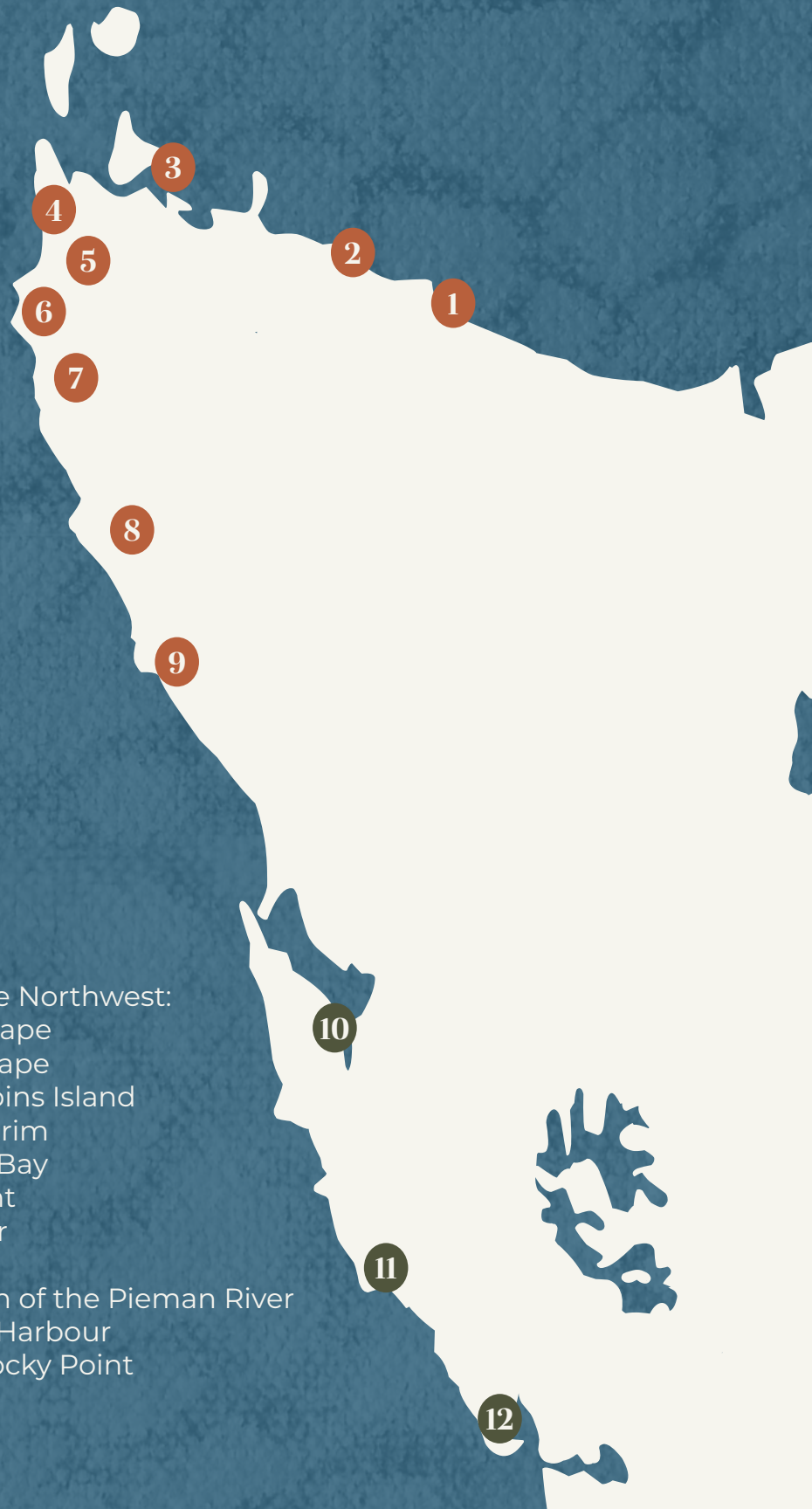
Circular Head Aboriginal Corporation



[circularheadaboriginalcorp](https://www.circularheadaboriginalcorp.com.au)

Acknowledgement of Country

We acknowledge and pay respects to the traditional owners and continuing custodians in Northwest Tasmania. We honour the 12 tribes of the Northwest and their continued care for this country, we respect their connection to these lands, skies, and seas and acknowledge that they helped to shape the coastlines and landscapes that we admire daily. We also acknowledge the contemporary custodians of this country, who work towards the protection, awareness, understanding, education, and respect for the culture and the history of the first people to leave their footsteps on this land.



We acknowledge the 12 tribes of the Northwest:

- The **Tommeginer** people of Table Cape
- The **Lowreenner** people of Rocky Cape
- The **Parperloihener** people of Robbins Island
- The **Pennemuker** people of Cape Grim
- The **Pendowte** people of Studland Bay
- The **Peerapper** people of West Point
- The **Manegin** people of Arthur River
- The **Tarkiner** people of Sandy Cape
- The **Peternidic** people of the mouth of the Pieman River
- The **Mimegin** people of Macquarie Harbour
- The **Lowgernown** people of Low Rocky Point
- The **Ninene** people of Port Davey

NEWS

CHAC NAMED 2025 FINALIST IN COMMUNITY ACHIEVEMENT AWARDS

We are thrilled to announce that Circular Head Aboriginal Corporation (CHAC) has been named a **2025 Finalist** in the **Konica Minolta Aboriginal and Torres Strait Islander Peoples Community Achievement Award**! We are proud to be recognised alongside three other Aboriginal organisations and businesses across Tasmania.

Our team will attend the awards Gala on **October 4** to discover the outcome—but in our eyes, we are already winners. This recognition honours the incredible work the CHAC team has carried out over many years across our community. Whatever the result, this award belongs to **every member of our team** who contributes to our shared vision.

The Tasmanian Community Achievement Awards highlight the tireless dedication, commitment, and heart that each staff member brings to our organisation and community every day. The fact that **Awards Australia themselves nominated CHAC** speaks volumes about the reach and impact of our work—not only within our community, but across Tasmania and even nationally.

This acknowledgement is a testament to the **collective strength, cultural pride, and deep community commitment** that define CHAC. Let's take a moment to celebrate what we do and the difference we make.

Congratulations to everyone—this recognition belongs to us all.



A NEW MURAL TELLING OUR STORY

Visitors to CHAC are now greeted by a powerful new mural — a striking expression of Culture, identity, and unity.

Created by artist Gypsy Draven, the artwork tells the story of the 12 Tribes of the Northwest Nation and the songlines that connect them across Country. Gypsy's vision brings together the Wombat, Wedge-tailed Eagle, and Stingray — symbols of land, sky, and sea — to reflect the inseparable relationship between people and Country, and the ongoing responsibility to care for it in all its forms.

More than a beautiful piece of art, this mural is a visual story. It honours our Ancestors, celebrates our Community, and creates a space where everyone who walks through our doors feels the strength of Culture. It also marks the beginning of CHAC's vision to embed visible expressions of Aboriginal identity across our spaces, ensuring our history and stories are carried forward for future generations.

We are deeply grateful to Gypsy Draven for sharing her talent and Cultural storytelling through this work. Thanks also to Seen Signs for helping to bring the mural to life, and to the FRRR Strengthening Rural Communities Program for supporting this important project.



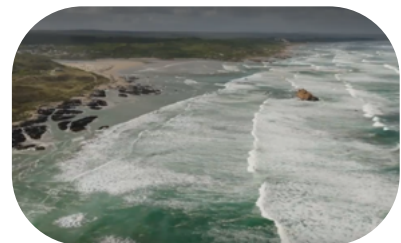
A STUNNING SHOWCASE OF OUR NORTHWEST COUNTRY – BAMAY ON NITV

We are proud to announce that our community is featured in **four episodes of BAMAY Season 6**, airing on NITV. These episodes are a stunning showcase of the power of our Northwest Country, capturing its beauty, spirit, and the enduring connections between people and place.

Hear heartfelt stories from local voices as they share the deep connection to place, culture, and Country. Don't miss this celebration of strength, spirit, and belonging, and the opportunity to witness the heart and resilience of our community.

For those who missed the broadcast, the episodes are available to watch on demand via SBS On Demand: BAMAY Season 6: Episodes 4, 5, 6, and 7

This feature is a meaningful recognition of the ongoing connection to Country and culture that sustains our community. Don't miss the chance to engage with these powerful stories and reflect on their significance.



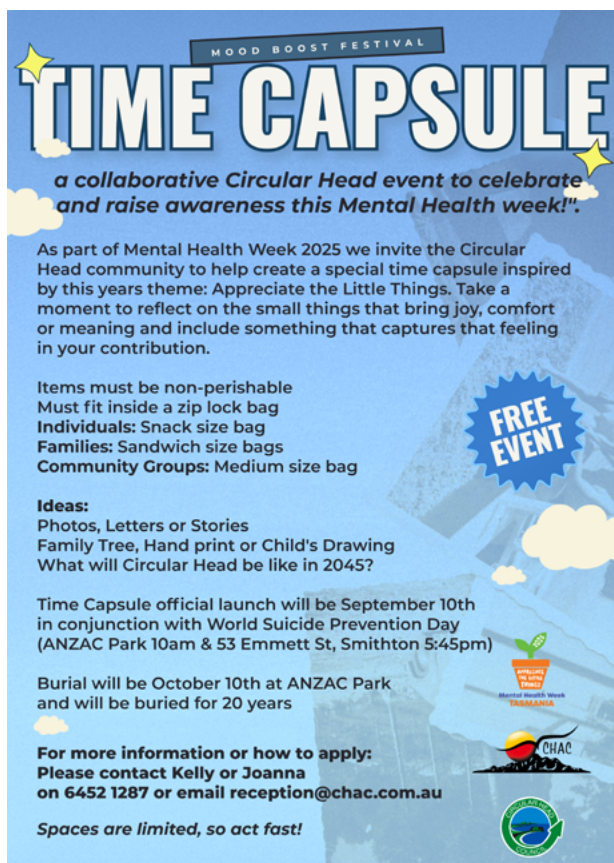
Upcoming Events



Mood Boost Festival

**October 10th 2025 | 11am - 2pm |
Emmett Street, Smithton**

Come and Appreciate the Little Things in this years Mood Boost Festival! Talk to service providers, enjoy the free BBQ and Juice Bar, play games, try Henna Tattoos and check out the Slip Stream Circus.



Time Capsule Burial

**October 10th 2025 | TBA |
Anzac Park, Smithton**

Come watch as our community Time Capsule will be buried in Anzac Park for 20 years. The Time Capsule will hold special mementos to help future generations Appreciate the Little Things and cherish the small things that bring joy and comfort to your life.

Upcoming Events



Join our new parents group for support, learning, and connection during your parenting journey. Enjoy a culturally safe space to share, connect, and grow with others—whether it's your first baby or your third, you're warmly welcome.

First Aid
Feeding Baby
Baby Massage
Self Care
Pelvic Floor
Development
Family Planning

Date: Commencing weekly from the 13th October for 7 weeks
Location: Anzac Playrooms - 48 King Street
Time: 10.30am - 12.00pm



For bookings contact Jade or Michelle on 0407 929 666



New Parents Group

**October 13th - November 24th |
10.30am - 12pm | Anzac Playrooms**

If you've recently welcomed a new baby and would like to connect with other parents going through a similar experience, we'd love for you to join us. It's a great opportunity to share stories, support each other, and build community.

To help us stay in touch, please text or call us on the mobile number listed on the flyer to share your contact details.



Swimming Awareness

**October 7th - 28th October 2025 |
Swirl | 6 Months - 3 Years**

Interested in joining our Water Awareness Program? We're excited to be running these popular sessions for 4 weeks!

If you'd like to take part, please call or text 0407 929 666 so we can add your contact details and keep you updated.

Introducing Marmanar: Reawakening the Language of Northwest Tasmania's 12 Tribes

— **Rochelle Godwin & Stephen Hafner**

In July this year, we began an exciting new chapter with the official launch of our language revitalisation program, supported by the Indigenous Languages and Arts Program. The project is dedicated to reawakening the sleeping language of the Northwest nation — once spoken by the 12 Tribes who are culturally, linguistically and familiarly connected.

Colonisation disrupted the passing down of language, leaving only fragments recorded by Europeans. Over time, we have carefully pieced these words together with the guidance of linguists and the leadership of our community. So far, 419 English translations have been identified, and from this, we've built a foundation of 50 key words that will guide the development of our emerging sound system and grammar.

At the heart of this project is Aboriginal-led decision-making. Our Community Language Committee, made up of Elders and community members, chose the name **Marmanar** — drawn from a historical word meaning “tongue.” Our 12 Tribes never had a collective name — their unity lay in the survival of their tribes and cultures. Through **linguistic and cultural analysis**, Marmanar was chosen. Jorgen Jorgensen recorded it as “mamana” (meaning “tongue”), distinct from other translations. When compared with Culturally significant words such as: Country, Mother, Father, Brother, and Sister, Name — all begin with the same sound: “mar” — linguists agreed this prefix signals a deeper connection. Interpreted not as “my” in a possessive sense but rather as “part of me”. Marmanar thus becomes “my tongue” or “my language” — a powerful name for our language.

One of our first steps was attending **PULiMa**, the national Indigenous languages and technology conference, held on Larrakia Country. This powerful gathering brought together hundreds of First Nations peoples from across Australia and beyond, each working to protect, revive or strengthen their languages. Being part of PULiMa gave us the chance to connect with other communities on similar journeys, to share our story, and to learn from their experiences. It was an inspiring reminder that we are not alone — there is a strong and supportive network of language warriors across the country, all fighting for the survival of their languages. We came away enriched with practical knowledge, cultural strength, and a renewed sense of purpose, knowing that our work on Marmanar is part of a much bigger national movement.

This work is only just beginning. With a dedicated project team now in place, the next steps include:

- A community launch event,
- Language workshops,
- The development of resources, and
- Integration into schools and community spaces.

Marmanar is more than words — it is identity, connection, and belonging. Together, we are bringing our language back to life.

Keep your eyes open for an invitation to our official launch soon — we look forward to sharing this historic milestone with you.



Tarkiner: Expanding with a New Look

We are excited to share that **Tarkiner** is growing! Soon you will see our **new-look 500ml organic seaweed Indoor Plant Medicine** which will be available in local shops across the region, making it even easier for Community to support a product that is both sustainable and deeply Cultural. This range will exist alongside our range available exclusively at Bunnings.

And that's not all — we'll soon be introducing kelp fertilisers and other fertilisers to the local market, giving you even more ways to care for your plants while supporting Aboriginal innovation and sustainability.

Tarkiner began with a simple but powerful idea — to take the ancient knowledge of bull kelp and reimagine it in a way that brings Culture into homes and businesses today. Every bottle is more than just a plant spray — it's a story of **connection to Country**, resilience, and innovation honouring the land and lives of the Peerapper people.

This story is gaining attention far beyond Circular Head. Recently, Tarkiner was featured in the *Indigenous Business Review* available nationally. You can also read this through the *National Indigenous Times*. The article highlighted how the enterprise is transforming kelp into both **Culture and commerce**, while building a model of Aboriginal-led business that empowers Community and protects the environment.

This recognition marks an exciting milestone for tarkiner. As we step into the next stage of growth, we remain committed to our roots — ensuring every product reflects our Culture, strengthens our Community, and contributes to a sustainable future.

Keep an eye out for the new **Tarkiner Indoor Plant Medicine** in your local shops, and join us in celebrating this next chapter of Aboriginal innovation.



Community Engagement Update

Our Communications and Engagement Officer has been busy over recent months, ensuring CHAC's voice is heard across a range of important initiatives:

- **Reconciliation Action Plan (RAP) Circle** – Joined as a guest for Reconciliation Tasmania's monthly RAP circle, discussing CHAC and Tarkiner's impact on economic self-determination, and highlighting how corporate actions can contribute to true reconciliation.
- **Mural Coordination and Promotion** - Coordinated and shared the success of our New Mural Project with artwork from the talented Gypsy Draven. The new Mural tells the story of the 12 Tribes of the Northwest Nation and the songlines that connect them across Country. Gypsy's vision brings together the Wombat, Wedge-tailed Eagle, and Stingray — symbols of land, sky, and sea — to reflect the inseparable relationship between people and Country, and the ongoing responsibility to care for it in all its forms.
- **Publication contributions** - Thank you to the **Friends of the Burnie Regional Museum** for inviting us to the launch of your new book *Windows to the Past*. It was a pleasure to contribute a written piece about precolonial history in North West Tasmania. We also did a similar project for the **Circular Head Council** for the Smithton Town Centre plan, focusing on the pre-colonial history of the Smithton/Duck Bay area.
- **Staff Engagement Session** – Hosted Monash University researcher Jess Walters to explore effective engagement between universities, organisations, and Aboriginal communities. Staff participation was high, contributing valuable insights for national research.
- **Policy and Partnership Advocacy** – Submitted a letter to Minister Malarndirri McCarthy regarding gaps in the First Nations Economic Partnership announcement.
- **Recognition and Awards** – CHAC has been named a **2025 Finalist** in the **Konica Minolta Aboriginal and Torres Strait Islander Peoples Community Achievement Award!** Our team will attend the awards Gala on **October 4** to discover the outcome—but in our eyes, we are already winners.
- **Legislative and Heritage Engagement** – Met with the Office of the Independent Regulator regarding Aboriginal recognition definitions in the Child and Youth Safe Organisations Act 2023. Responded to assessments and proposals, including: Hampshire Rail Hub Project, Hydro Tasmania's Tarraleah Redevelopment, Forico's High Conservation Value Assessment and Management Plan, and the Blue Economy Marine Spatial Planning Framework, ensuring Aboriginal perspectives and heritage protections are considered.
- **Local Planning and Capacity Building** – Continued engagement with Circular Head Council and Phil Loone on the Smithton Town Centre Plan. Provided submissions on the PWS WoC Aboriginal Trainee Ranger Program Transitional Framework, highlighting consultation, Aboriginal identity, and transition issues.

CHAC continues to actively represent our community's interests, protect cultural heritage, and advocate for meaningful engagement across government, business, and research sectors.





Prisoner Rehabilitation Post Release (PRPR) Program

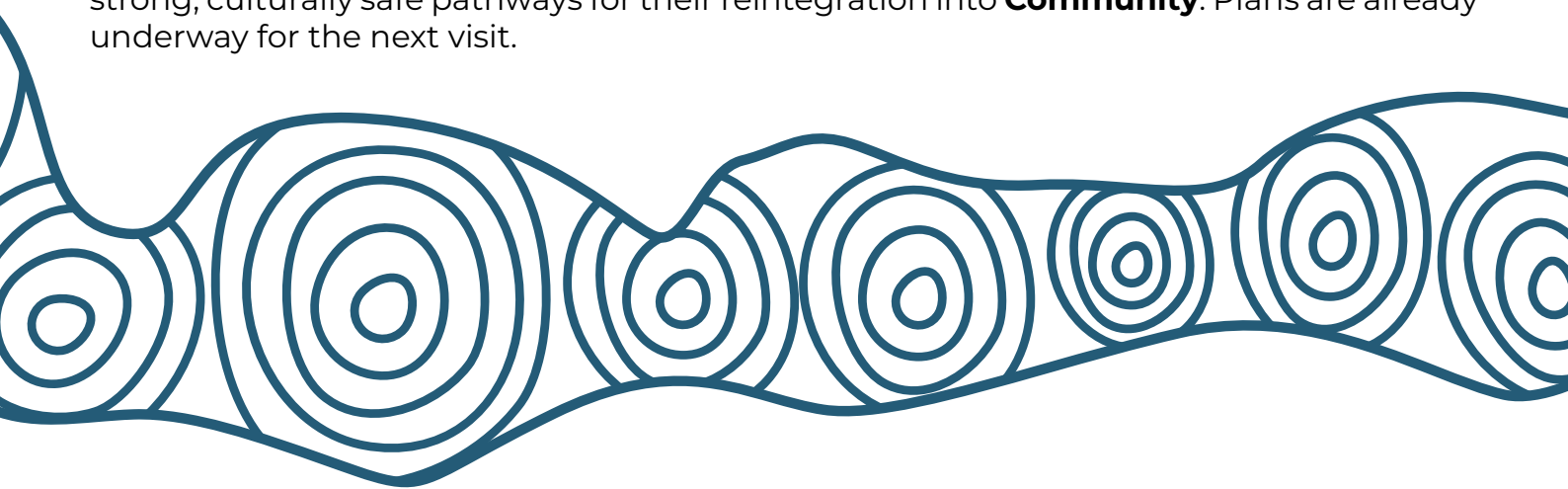
- **Mathew & Sav**

In early September, our coordinators travelled to Hobart to visit the **Risdon Prison Complex** as part of our ongoing support for clients preparing for life after release.

During the visit, coordinators met with one client who is doing well and working towards a release plan in the next six months. Unfortunately, visits with two other clients could not take place due to staffing issues at the facility, but follow-up is already being planned.

The team also completed **Yellow Card renewals for the next 12 months**, ensuring our access to the prison system remains active so we can continue this important work. While in Hobart, coordinators also met with a representative from **Tasmanian Aboriginal Legal Services (TALS)** to strengthen partnerships and advocacy for our clients.

The visit was a positive step in supporting our people inside the system and preparing strong, culturally safe pathways for their reintegration into **Community**. Plans are already underway for the next visit.



Integrated Family Support Services - **Jess**

The IFSS program continues to progress steadily and we're please to announce that funding has been secured for a further two years. This welcomed news ensures continuity of support for local families and enables us to continue building strong, trusting relationships within the community.

At present, the program is actively working with 8 local families, providing intensive, tailored support to help build safety, stability and resilience in the home. There is current capacity to take on up to 3 additional families.

Referrals can be made through Strong Families Safe Kinds by calling 1800 000 123. Alternatively, you can contact our office directly on (03) 6452 1287 and speak with Jess, our IFSS Coordinator, to discuss supports or referral pathways.

We thank our community and partners for their continued trust in the program and look forward to continuing this important work with families over the next two years.



Youth Mental Health & Family Violence - Brock

The Youth Mental Health & Family Violence team has been weaving **Culture** into program delivery, recognising the strong connection between **Culture, identity, and mental health**. These cultural sessions have been embraced by students, offering meaningful ways to connect with **Country, Community, and self** — powerful protective factors for Social and Emotional Wellbeing.

This term, **Brock** has continued to work alongside the Strong, Smart and Proud program at Smithton High School. **Tiddas for Tiddas** has created a safe space for young women to connect, while a **boys' cultural group** has given young men the chance to strengthen identity and build pride in Culture.

We would also like to acknowledge and thank **Khiana** for her time in the program. Her contribution, warmth, and commitment to our young people have been deeply valued, and we wish her all the best for the future.

Brock has also completed training in **Love Bites** and **RAGE**. The RAGE program — *Recognising Anger and Gaining Empowerment* — is a hands-on, strengths-based course for young people aged 11–17. It provides practical tools to understand and manage anger in healthy ways. Parents, teachers, and carers have already noticed the positive impact this is having.

On September 10, community members gathered at Anzac Park for the Suicide Prevention Walk - a quiet and powerful event that brought people together in recognition, remembrance, and support. The walk created space to reflect on the impact of suicide in our communities, while also reinforcing the importance of connection, conversation, and care. It was a moment to honour those we've lost, stand beside those who are struggling, and remind each other that healing is possible - and no one has to walk alone. Following the walk, Perry's Quality Meats generously cooked a BBQ, offering a warm meal and a chance to continue conversations in a relaxed and welcoming setting. The shared food and fellowship added to the sense of togetherness and hope that carried through the day. We extend our thanks to everyone who attended, supported, and helped make this event meaningful. Your presence matters.

We extend our thanks to everyone who continues to support this important work. Together, we are creating stronger pathways for our young people to feel safe, connected, and proud.



Smart, Strong and Proud (SSP) - Jack & Mel

The **Smart, Strong and Proud (SSP) Program** has had a busy and rewarding term, with a strong focus on **Culture, identity, and connection**.

Every Tuesday, our boys' group has been meeting with support from the **Youth Mental Health & Family Violence Coordinator**. Together, they have completed a special project — **crafting their own clapsticks** — while learning about the Cultural significance of these items.

Beyond group sessions, the coordinator has been working **one-on-one with three students**, teaching them how to **facilitate smoking ceremonies**, as well as building connection through **kicking the footy** and going on **On Country trips**. Two of these young men are also beginning to learn how to make **clapsticks and Waddys**, further deepening their Cultural knowledge and skills.

Looking ahead, the SSP Program is planning more **On Country experiences** with the Outdoor Education class from the Smithton High School, ensuring that Culture continues to be a central part of learning and growth.

The program is proud to see young people embracing these opportunities — building confidence, pride, and stronger connections to **Culture, Community, and self**.

Strive2Drive – Helping Our Community Get Behind the Wheel - Hannah

The **Learner Driver Mentor Program – Strive2Drive** has been moving along steadily these past few months, supporting Community members on their journey to independence.

If you or someone you know is working towards their license, our coordinator can help. Alongside driving practice, we offer a **license study group at the local library** to support those in the early stages of learning the road rules. For anyone needing extra guidance, the coordinator is also available for **one-on-one tutoring**, providing step-by-step support at your pace.

This program is only possible thanks to our dedicated volunteer driver mentors. Their generosity creates real change, opening doors to employment, education, and opportunity. We're always on the lookout for new mentors — if you'd like to make a positive difference in someone's life, we'd love to hear from you.

Together, we can keep building safer roads, stronger confidence, and brighter futures.



Alcohol and Other Drugs (AOD) Program

- Kristy

A key highlight for the Alcohol and Other Drugs program this quarter has been International Overdose Awareness Day event hosted at Trawmanna on 1 September 2025. The day began with a **smoking ceremony** and an **Acknowledgment of Country**, setting a reflective and respectful tone. Community members, professionals, clients, families, and friends all joined together in this moment of recognition and healing.

Our AOD Coordinator spoke about the significance of **paper cranes** as a symbol of hope and remembrance, followed by a presentation from **Steph Lillico (YFCC)**, who provided a clinical perspective on overdose and its impacts.

The keynote speaker, **Ella Davey**, Peer Worker with YFCC, shared her lived experience of overdose, addiction, criminality, trauma, and her journey to sobriety. Her courage, honesty, and resilience deeply moved the audience, sparking powerful conversations and leaving a lasting impression.

The feedback was overwhelmingly positive, with many reflecting on the strength of coming together to share stories, raise awareness, and support healing in our **Community**.



Aged Care - Marion

It's been a particularly busy time for all our staff in Aged Care, with many changes taking place across the service. We'd like to extend our heartfelt thanks to all our consumers for your continued patience, understanding, and support during this period of transition. Your kindness and cooperation mean a great deal to us.

MOMENTS OF JOY IN AGED CARE

Despite the busy season and ongoing changes, we've still found time to share plenty of fun and laughter. Our **Christmas in July** celebration was filled with smiles and festive cheer. We also enjoyed a scenic trip to **Rocky Cape**, exploring the caves alongside SWEB, followed by a delightful **bus outing to Burnie and Wynyard**, where some of our consumers discovered fantastic bargains.

A very special thank you goes to the anonymous nominee who took the time to nominate Marion for the Soroptimist Unsung Hero Award. This recognition celebrates her unwavering dedication and love for Katie's Corner and STICH

One of our valued consumers has been very busy making some amazing craft items, which can be purchased by request.



Health Centre - **Joanna** (Health Centre Co-Ordinator) & **Leanne** (Administrator)

A SEASON OF CHANGE, CARE AND COMMUNITY

There's a certain rhythm to life here in Circular Head. It's in the way people check in on one another, the familiar faces popping into the Health Centre for a quick chat or appointment, and the quiet strength of a community that continues to grow, shift, and show up for each other.

As the seasons turned from late autumn into the heart of winter, the CHAC Health Centre experienced its own cycle of change - welcoming new faces, farewelling valued team members, and strengthening the connections that make our work feel less like a job and more like a shared journey.

FAREWELLS, WELCOMES & THE PEOPLE BEHIND THE WORK

We said goodbye to some truly cherished members of our team. In May, **Jade Gray** and **Michelle Gale** transitioned into their new roles with the New Directions team supporting families in Circular Head. Their steady presence, dedication, and behind-the-scenes brilliance kept the wheels turning more times than most will ever know.

In June, we farewelled and celebrated the contribution of **Bernadette Smith**, who has spent the last 8 years supporting the psychological needs of this community. She leaves behind big shoes to fill and a legacy of quiet care. We then welcomed **Quinten Lekas**, a local provider with a young family and a grounding presence - we see yet another long-term partnership on the horizon.

We also, farewelled **Jason Bomford**, a speech pathologist from St. Giles who has been servicing this area for many years through the TAZREACH contract. We then welcomed the North West Therapy Services team, **Josh McVeigh** and **Alannah Tucker** to service Speech Pathology clients. Josh and Alannah are a dynamic duo, with goals to make big impact within our community.

And in July, we farewelled the wonderful **Shan Geist**, whose enthusiasm, kindness, and light-hearted humour made her a joy to work alongside. Her presence is already missed, but we know she won't be far away.

In the spirit of new beginnings, we warmly welcomed **Leanne Everett** to the team. Leanne is learning fast, bringing her own warmth to the role, and settling in beautifully.

CARING FOR COMMUNITY – ONE VISIT AT A TIME

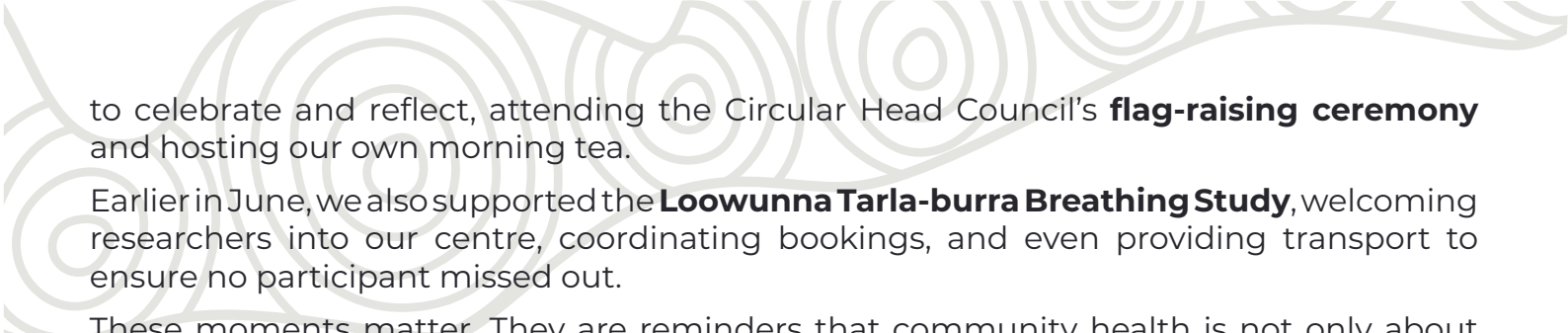
While faces in the team changed, our commitment to community health remained constant. Over the last three months, hundreds of individuals accessed a wide range of services right here at CHAC:

- **Footcare** sessions were steady, helping over 110 clients across May to July.
- **Psychology** services expanded significantly, with nearly 100 clients supported through both in-person and telehealth appointments.
- We also continued to offer **optometry, speech pathology, dietetics, paediatrics, and exercise physiology**, with a growing number of new referrals and service bookings.

Our admin team clocked over **600 contact service interactions** and welcomed **over 400 individual clients** — a clear reminder of the trust our community places in us.

CELEBRATING CULTURE, PROMOTING CONNECTION

July brought NAIDOC Week — and with it, a deep sense of pride. The CHAC team gathered



to celebrate and reflect, attending the Circular Head Council's **flag-raising ceremony** and hosting our own morning tea.

Earlier in June, we also supported the **Loowunna Tarla-burra Breathing Study**, welcoming researchers into our centre, coordinating bookings, and even providing transport to ensure no participant missed out.

These moments matter. They are reminders that community health is not only about physical wellbeing — it's about culture, identity, and connection.

COLLABORATION AT THE CORE

So much of what we do relies on strong relationships. Over the past few months, our team has worked closely with a wide range of stakeholders, including:

- **RFDS**, as we continue to explore service needs and the installation of an X-ray machine.
- **Cancer Council**, to strengthen service delivery and explore new grant opportunities.
- **Engender Equality**, on how to bring their programs into Aboriginal Community Controlled Health settings.
- **Many Rivers, TAZREACH, Hearing Australia, DoH**, and more — all part of the rich network that supports our shared goals.

We also attended countless collective meetings, planning sessions, and consultations — always keeping Circular Head's needs and voices at the centre of every conversation.

BEYOND THE CLINIC WALLS

It's not just what happens in the Health Centre that matters — it's what happens around it too.

From attending the **Reconciliation Day Breakfast** in Burnie, to supporting the **Shorts Day BBQ** in partnership with CH Council and STiCH, and creating a literacy-themed health board for the **26TEN program**, we continue to show up wherever we can make a difference.

IN THEIR WORDS...

One client told us recently:

"I feel good about coming into the Health Centre, it feels welcoming." – E.P.

That's what we aim for, every day. A place where people feel safe, seen, and supported.

LOOKING AHEAD

The work continues. We've submitted grant applications, funding plans, and proposals to keep services running and expanding. We're preparing for **Mood Boost Fest**, exploring **AOD funding**, and working on new programs and partnerships.

To everyone who has walked through our doors, worked beside us, or supported us from afar — thank you. This is community health at its best: real, human, and always evolving.

Whether you're here for an appointment, advice, or just a chat — we're glad you're here.





Integrated Team Care - **Cheryl** (Care Coordinator) & **Sally** (Outreach Worker)

We're not quite sure where the first part of the year has gone, but here we are—it's Springtime! Over the past three months, the ITC program has been super busy. Cheryl and Sally have been working hard to support clients with vital health services, including numerous transports to medical appointments and assistance with health care and support. Ensuring access to care remains our top priority.

Things haven't slowed down at the Men's Health and Wellbeing Group either. In fact, it's growing in numbers! Each Tuesday, despite the chilly weather, it's been heartwarming to see the men gather near the open fire, share a hearty meal, and enjoy a good chat. Social connection and a warm meal really do wonders for wellbeing.

We are deeply saddened by the recent passing of three of our cherished members—Glen Mills, Chris Padman, and John Stewart. Each of these men brought unique wisdom, warmth, and humour to our gatherings, and they will be fondly remembered. Our heartfelt condolences go out to their families.

We'd also like to express our sincere gratitude to Your Safety Factory, especially Dale Young, for generously providing the funding that allows our group to continue meeting each week. Your support makes a real difference.

Looking ahead, September marks Blood Cancer Awareness Month, a time to raise awareness about blood cancers such as leukemia, lymphoma, and myeloma. It's a crucial opportunity to educate the community about symptoms, treatment options, and the importance of early diagnosis. By supporting research and encouraging conversations, we can help improve early detection, enhance patient care, and work towards finding a cure. Together, let's shine a light on the challenges faced by those affected and foster a community of hope and resilience.

We also encourage everyone to have a health check this month, including blood analysis. And just for fun, here are a few fascinating facts about blood:

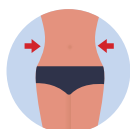
- Your blood makes up about 7–8% of your body weight.
- Blood contains trace amounts of gold.
- Not all animals have red blood—lobsters have blue blood, and some worms have green!
- Mosquitoes love blood type O the most.
- Stay well, stay connected, and enjoy the sunshine as we step into Spring

September is BLOOD CANCER awareness month

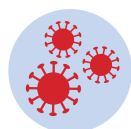
7 SIGNS & SYMPTOMS OF BLOOD CANCER



FATIGUE



UNEXPLAINED
WEIGHT LOSS



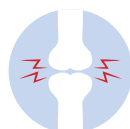
FREQUENT
INFECTIONS



EASY BRUISING,
UNUSUAL BLEEDING



SWOLLEN
LYMPH NODES



BONE/JOINT
PAIN



NIGHT
SWEATS

Indigenous Australian Health Outreach Program (IAHP)

- Niki

ABOUT THE PROGRAM

The Indigenous Australian Health Outreach Program (IAHP) is here to support Aboriginal and Torres Strait Islander people living with—or at risk of—chronic health conditions like asthma, diabetes, heart disease, cancer, arthritis, stroke, and more.

Our friendly IAHP Aboriginal Health Worker (AHW) and Outreach Worker are here to walk alongside you on your health journey. We offer:

- FREE transport to and from health appointments
- Support and advocacy during visits to make sure you feel heard and understood
- Help navigating the health system, including education about your condition, treatment options, and screening
- Working with your GP and other providers to make sure you get the care you need
- FREE basic health checks like blood pressure, blood glucose, height, weight, and BMI

We also offer help through the PBS Co-payment measure, which can reduce the cost of some medicines. If you identify as Aboriginal and/or Torres Strait Islander and have a chronic condition or risk factor, you can register during your next GP visit—or reach out to us for help!

WHAT WE'VE BEEN UP TO

It's been a busy and rewarding quarter for the IAHP team!

We provided over 145 medical transports, helping community members get to important health appointments across the state.

These trips aren't just about getting from A to B—they're a chance for us to connect, offer support, and make sure you feel confident and cared for every step of the way.

WE'VE ALSO DELIVERED

Contact Services, Blood Glucose Tests, Referrals, Height, Weight, and BMI checks and support for procedures like cataract surgeries, coronary angiograms, craniotomies, and vaccinations.

SPOTLIGHT ON EYE HEALTH

Eye health is a big focus for us. Aboriginal and Torres Strait Islander people are more likely to experience preventable vision loss from conditions like cataracts, diabetic retinopathy, and trachoma—often linked to broader health and social factors.

We're working hard to close that gap. Regular eye check-ups, a healthy diet, staying active, and avoiding smoking can all make a big difference.

So don't forget—look after your eyes and book that check-up!

STAY CONNECTED

We're proud to be part of your health journey and grateful for the trust you place in us. If you or someone you know could benefit from IAHP, please reach out. Whether it's help with transport, understanding your health, or just having someone by your side—we're here for you.

Let's keep working together for a healthier, stronger community.



Social Emotional Wellbeing - *Kelly*

At Trawmanna, our Social and Emotional Wellbeing (SEWB) groups continue to offer a space where culture, creativity, and connection come together. Each week, participants gather to take part in activities designed not just to support mental health, but to nurture the spirit. Whether through shared outings, cultural learning, or creative workshops, these moments offer a chance to pause, reflect, and reconnect—with ourselves and with each other.

WHAT WE OFFER:

- Group and individual support
- Stress management strategies
- Ideas for creative and cultural diversion
- Referrals and pathways to other services

These supports are made possible through collaboration with Integrated Team Care (ITC) and the Men's Health Group.

WEEKLY GATHERINGS AT TRAWMANNA:

Men's Health Group (ITC/SEWB)

Tuesdays | 10:30 AM – 2:00 PM

Women's Health Group (SEWB)

Wednesdays | 10:00 AM – 12:30 PM

These groups are more than just scheduled sessions – they're opportunities to share stories, learn from one another, and build community. Whether it's through a creative workshop or a quiet conversation over tea, each gathering is a thread in the larger tapestry of wellbeing. If you or someone you know is curious about joining, we welcome you to reach out or drop by for a chat. There's no pressure – just an open door and a friendly face.

WEAVING STORIES, LAUGHTER AND CONNECTION

Our Social Emotional Wellbeing Coordinator recently facilitated a contemporary basket weaving workshop at the CHArts Pop-Up Gallery. Using New Zealand flax (Phormium tenax) – a plant considered an environmental weed in Tasmania – participants transformed something unwanted into something beautiful. The small group of women shared in creativity, conversation, and light-hearted moments, while also gaining an appreciation of Tasmanian Aboriginal basket weaving techniques and culture.

This weaving wasn't just about making baskets – it was about weaving together knowledge, culture, and community.



New Directions - *Michelle & Jade*

As winter unfolded, Aligning Family Circles was alive with activity, connection, and care. Here's a look back at some of the highlights from July, August, and September:

FATHER'S DAY GATHERING - Families came together to celebrate the special role of dads. Children crafted unique keyrings, each one stamped with their own thumbprint—a simple, heartfelt gift to honour their fathers and strengthen family bonds.

KELP SUGAR SCRUB SESSION - Participants enjoyed a hands-on workshop making nourishing body scrubs with native botanicals—Tarkiner kelp, lemon myrtle, and wattle seed. It was a chance to explore local ingredients, share stories, and focus on self-care.

WINTER WARMER SESSION - We gathered for a cosy afternoon at Anzac Park, sharing homemade soup and savoury toast while the children played in our welcoming space. These moments offered warmth, nourishment, and a sense of belonging.

SUCCULENT BOWL WORKSHOP - Families created beautiful succulent bowls to take home—a lasting reminder of time spent together and the joy of nurturing something new.

PILATES SESSIONS - Our Pilates series wrapped up, supporting mums to reconnect with movement and wellbeing in a gentle, encouraging environment.

Throughout these months, our team has also been busy supporting expecting mums and families with transport to important ultrasounds and medical appointments — ensuring everyone can access the care they need. Thank you to everyone who joined us, shared a story, or lent a hand. Each gathering is a reminder of the strength and warmth found in community.



Early Childhood - *Shan and Chantelle*

In July, ECP welcomed two new coordinators - Shan and Chantelle, who bring with them a wealth of experience in the Early Childhood Sector.

We hit the ground running by hosting a play session at Anzac Park for National Aboriginal and Torres Strait Islander Children's Day. A highlight of the event was the smoking ceremony, where children and families participated by adding fuel to the fire pot and cleansing themselves in the smoke - a powerful and culturally enriching experience that was enjoyed by families.

After adding our own flair to the Anzac Park playrooms, we launched our twice-weekly playgroup, "Come and Play," held every Tuesday and Wednesday from 9:30 am to 11:00 am. We've thoroughly enjoyed meeting and connecting with local families through meaningful conversations and intentional play.

Over the past month, we've also had the opportunity to attend several cultural sessions at local childcare centres, where we've been sharing knowledge, reading stories, building connections, and supporting cultural empowerment with the youngest members of our community.

You may have also seen us out and about - joining Stroll and Roll with Jo, or working alongside Jo, Circular Head Council, and the First 1000 Days project to support mums in getting active through an 8-week program with SWIRL.

We are looking forward to a busy next quarter as we continue to offer regular play group sessions and build connections within our community.



Special Events

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY CELEBRATION

This year, our **Early Childhood Program, New Directions, and Culture teams** came together to host a special celebration at Anzac Park Playrooms for **National Aboriginal and Torres Strait Islander Children's Day**. The theme for 2025, "Little Footsteps, Big Futures," was embraced throughout the day as we honoured the strength, resilience, and bright futures of our children.

The celebration began with a **smoking ceremony**, led by Camilla and Brock, with Camilla also delivering a moving **Acknowledgement of Country**. The ceremony was not only a moment of cultural reflection but also a joyful recognition of our children and their important place in our community. Children played an active role, helping fuel the fire and taking part in the cleansing ritual, supported by coordinators and parents. Their involvement gave them a sense of pride and belonging, while strengthening their connection to culture.

Following the ceremony, families enjoyed a variety of **play-based cultural activities** indoors and outdoors, including:

- Australian animal small world play
- Playdough exploration with natural materials
- Painting with the colours of the Aboriginal and Torres Strait Islander flags

Each family was gifted a **Children's Day bag**, filled with small treasures such as a themed cookie, book, bubbles, crayons, and colouring pages — a gesture to extend the celebration into homes and keep the spirit of the day alive.

Although the gathering was small and intimate, it carried great meaning. It created a culturally safe and welcoming space for families, set the tone for a respectful and inclusive year ahead, and reminded us all that investing in the early years is a powerful way to strengthen community.

We are deeply grateful to all who joined us for this special occasion. Together, we celebrated not only our children, but also the enduring culture, strength, and futures of our community.



NAIDOC COMMUNITY DAY 2025: CELEBRATING CULTURE AND CONNECTION AND OUR NEXT GENERATION

Our NAIDOC Community Day remains one of the highlights of our year, and 2025 was no exception. Despite initial concerns about the weather, the skies held, allowing the Trawmanna grounds to come alive with celebration, culture, and connection.

It was inspiring to witness our Next Generation stepping forward — running activities, sharing stories, and sitting alongside Elders for meaningful yarning circles. These moments of intergenerational connection are at the heart of NAIDOC, reminding us all of the strength of culture and community.

The day was packed with engaging activities for all ages, including:

- Cultural dance and drumbeat sessions
- Smoking ceremony
- Cultural face painting and tattoos
- Rescue animal petting, snake, and reptile displays
- Kids' cultural crafts
- A rich array of traditional foods, including wallaby, muttonbird, crayfish, oysters, abalone, and bush spices such as pepperberry, wattleseed and lemon myrtle to name a few.

Throughout the day, smiles were abundant, stories were shared, and connections were strengthened across generations.

We extend our heartfelt thanks to everyone who contributed to making the day so special:

- **Soroptimists of Circular Head** — your invaluable support in the kitchen allowed our staff to engage fully with the community.
- **RFDS** — thank you for your presence and support throughout the day.
- **Pezza** — your specialty NAIDOC sausages with wallaby and pepperberry were a crowd favourite!
- **Parks and Wildlife Service** — we appreciated your engagement and meaningful conversations with community members.
- **Community volunteers** — from flipping sausages to sharing muttonbirds, your efforts were truly appreciated.
- **Stakeholders and partners** — thank you for taking the time to engage with community and celebrate culture.

Most importantly, **thank you to our community**. Your presence, participation, and celebration of culture created a day filled with joy, learning, and connection. The smiles were countless — and the memories will last a lifetime.





NAIDOC WEEK 2025: HONOURING OUR ELDERS AT EMMERTON PARK

On the third day of NAIDOC Week 2025, we had the privilege of visiting **Emmerton Park Inc** to celebrate and give back to some of our Elders. This special gathering highlighted the importance of legacy and the vital role of the next generation — central themes of this year's NAIDOC celebrations.

Our Elders enjoyed sampling a variety of native bush foods, including adventurous tastes like green ants, which brought smiles and laughter to everyone present. The day was also enriched by stories shared by our Elders, including a powerful account from one gentleman about tanning wallaby hides — a reminder of the knowledge, skills, and cultural wisdom carried through generations.

The celebration concluded with a cultural dance session, where many joined in to clap along to the rhythm, sharing in the joy, connection, and collective spirit of the day.

We extend our sincere thanks to those at Emmerton Park for welcoming us so warmly. The day was filled with stories, laughter, and deep respect — a true celebration of culture, community, and intergenerational connection.



NAIDOC WEEK 2025: FLAG RAISING CEREMONIES — HONOURING PAST, PRESENT, AND FUTURE

We proudly launched **NAIDOC Week 2025** with two Flag Raising Ceremonies at our **Main Building** and at the **Circular Head Council Chambers**, bringing community together to celebrate culture, resilience, and connection.

In the words of our Culture Manager, **Camilla Woolley**:

“When we invest in the next generation, we honour our past, strengthen our present, and create a future where culture and community continue to thrive — for everyone.”

This year's theme, *“The Next Generation: Strength, Vision & Legacy,”* reminded us of the vital role young leaders play in shaping a future grounded in truth, respect, and justice. During the ceremonies, we reflected on the enduring strength of our Elders and ancestors, whose legacy continues to guide us, and acknowledged the contributions of Aboriginal and Torres Strait Islander peoples, as well as our non-Indigenous friends who walk and work alongside us.

Camilla's **Acknowledgement of Country** highlighted the 50-year journey of NAIDOC — from a movement for rights and recognition to a national celebration of culture, resilience, and achievement:

“They [young people] carry with them the strength of generations who survived, resisted, and held onto culture through the hardest of times. They are leading with vision — imagining and building a future grounded in truth, respect, and justice. And they represent the living legacy of our Elders and ancestors, who dreamed of a day when our young people could be proud, strong, and free to walk in two worlds.”

The ceremonies concluded with the raising of the **Aboriginal, Torres Strait Islander, and Australian flags**, symbolising respect for our people, land, and shared nation. Community members were then invited to join for morning tea, offering a chance to share stories, celebrate culture, and strengthen connections across generations.

The morning was a powerful reminder that honouring the past, standing strong in the present, and supporting the next generation ensures our culture, stories, and spirit will continue to thrive for generations to come.

Thank you to our Youth who stepped up and spoke and/or raised our flags at either ceremony. Your leadership and enthusiasm throughout this year's NAIDOC have been inspiring and humbling.





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