



Christmas Golf Day 2022

Mid North Coast Regional Aboriginal Men's Christmas Golf Day 2022

Some of our team competed in the recent Mid North Coast Regional Aboriginal Men's Christmas Golf Day 2022. Hosted by New South Wales Health, and with a total of 62 participants from Taree, Forster, Wauchope, Port Macquarie and Kempsey, it was a fantastic day to connect with people across the Mid North Coast.

This event was only made possible due to the many organisations who contribute to such a worthy cause, Men's Mental Health and Wellbeing, around the festive season. The Mid North Coast Local Health District is striving to achieve Aboriginal Health equity in a number of ways to close the gap in health outcomes and life expectancy between Aboriginal people and other Australians.

By hosting events like the Christmas Golf Day, Mid North Coast Health aims to:

- Create positive and honest relationships with Aboriginal people in our communities which focus on improving health outcomes, with the understanding that this will lead to greater quality of life for Aboriginal people.
- Provide a health system that Aboriginal people find readily accessible and culturally safe.
- Support Aboriginal people to build resilience, capacity and self-determination.



WINNERS of the Tenant Christmas Competition

Will be announced on Facebook later this month – so keep an eye out!

The Many Layers of Home and Heart

Many Rivers Aboriginal Housing's new artwork, The Many Layers of Home and Heart, is displayed proudly in our Port Macquarie office. Described as "beautiful, it's the heart of the people who walked before, walk now, and those who will in the future for Many Rivers", the mural is an exceptional representation of the community we support and are a part of.

Special thanks to Mel and Corina, the very talented artists who helped bring our vision to life and provide a visual representation of our commitment to building a better future, providing education for change, and giving something back to the community.

About the Mural

Our footprint stretches over many nations from the Hunter Valley in the south, to the Tweed Coast in the north and inland to the Moree Plains and New England, and the mural captures the many elements represented by our community within this footprint. Mel, one of the talented artists who created the mural, has said: "We really wanted to be inclusive of everyone

from all walks of life, so we decided to paint elements of Country; from mountains to rivers, to trees and animals. This mural place is a virtual representation of Country. Just like that of people and life, Country has many delicate nuanced layers and elements.

It can be complex and challenging, fragile and beautiful. The journey lines may not always be straight, and can often diverge in ways we didn't anticipate, but it is important to honour the journey and the paths we have taken; the treacherous ones, and those that lead us home, to Country, Culture, Connection and to Community.

Each of these experiences and places take a little piece of us and we take a little of them. And when we step back and look at all these parts together, we see the journey map of our life and just how far we have come. Not only does this mural represent the motivations and strivings of the employees at Many Rivers, but also the journeys and various pathways of their clients."



Special thanks to Wiradjuri Artist Mel Streater and Birpai Artist Corina Latimore, the very talented artists who helped bring our vision to life!

Ball & Beats 2-day Program

Cliff Kelly from our Many Rivers team recently attended the Ball & Beats 2-day Program with his nephews, a program run by Baaya Hire & Entertainment. Baaya Hire & Entertainment's vision was to have a positive social impact in the community which we are from, the community we call home, and to create unique social opportunities for our young people out of the community. This in turn also creates sustainability in our communities.

The overall aim of the day was to provide a safe place for our young people to come and hangout. Bringing more niche opportunities for our young people in communities across the mid north coast, this was the first of many Ball & Beats 2-day Programs and we are incredibly thankful for the hard work put in by Baaya Hire & Entertainment to ensure this event was a success. We look forward to being a part of future events, and being part of the positive change that is happening across our communities.



Looking to run a community event?

Contact Baaya Hire:

ralphys.entertainment1@gmail.com

Stay Safe During a Natural Disaster

As the weather heats up across Australia and the bushfire/flood season approaches, we want to remind you of the importance of being prepared in the event of a natural disaster. Here are a few tips to help keep you and your property safe:



Create a disaster survival plan: Your plan should include what you will do if a bushfire or flood threatens your area, how you will stay informed, and what to do if you need to evacuate.



Clear your property of combustible materials: This includes dead leaves, branches, and any other materials that could easily catch fire.



Trim back trees and bushes: Keep trees and bushes around your property well-pruned to reduce the risk of fire spreading.



Have an emergency kit ready: This should include items such as water, non-perishable food, a first aid kit, and important documents such as identification and insurance papers.



Stay informed: Make sure you have multiple ways to receive emergency warnings and stay up to date on any fire or flood warnings or instructions from authorities.

Wauchope NAIDOC Day

Many Rivers' Lana and Kathy attended the Wauchope NAIDOC Family Fun Day in January, engaging with the community with a great event full of fun, dancing, craft, and networking with other organisations. The women's dance and language group put on incredible performances throughout the day, and despite the heatwave, the community gathered by the masses to support the event. NAIDOC Day 2023 was a wonderful showcase of culture and achievement.



Meet the Team

Staff profile - Kathy Graham

Kathy is a strong and proud Darug and Warramay woman who was born and raised in Port Macquarie. Alongside her role at Many Rivers, Kathy is also a Support Director of Djiyagan Dhanbaan - Strong Sister group, is Cert II Qualified in Gathang Language and also facilitates Dreaming Tracks Workshops. Along with her passion to create a connection to culture through song, dance and language and cultural practices, Kathy loves sharing language with her family and community. She also loves to weave, sing, dance, and inspire others to dream up a future path for themselves. Most of all, Kathy loves the team at Many Rivers and enjoys working in a supportive environment for an Aboriginal organisation.

Welcome to the team

Many Rivers welcomes our new members of the Housing Team. Senior Housing Officer Lana, Housing Officer Robyn, and Housing Cadet Lorna will be based in our Port Macquarie office. Housing Officers Kristy and Jason will be working out of our soon-to-be-open Byron Bay office. We're excited to have our new staff on board and look forward to watching them excel in their new roles with us!



National Close the Gap Day

National Close the Gap Day is on March 16 this year, with the aim to educate the Australian public about the health issues and barriers to wellbeing faced by Indigenous people, advocating for health equity.

How will you be getting involved in Close the Gap Day this year?

Send us a message on our Facebook page.

 @mrrahms