



Picture: Robinvale Sentinel.

SUPPORTING HEALTH VIA FOOTY AND NETBALL

We have proudly made a substantial donation to the Robinvale Football Netball Club, reflecting its commitment to supporting local sport and community wellbeing.

- Continued on Page 2

ALSO INSIDE THIS EDITION:
DREAMTIME AT THE 'G' - PAGE 2
GARDENING FUN - PAGE 3
FLU VACCINE AVAILABLE - PAGE 4

YOUTH GROUP HAS A DREAM AT THE 'G

Thanks to everyone involved in our Youth group's trip to Melbourne for the annual Dreamtime at the 'G match between Richmond and Essendon!

Our group of young people had a great time, taking in the Culture and experiences on offer.



PARTNERING WITH ROBINVALE FNC TO SUPPORT COMMUNITY

- Continued from Page 1

The donation was contributed by MVAC and was officially handed over during the AFL's Sir Doug Nicholls Round, a culturally significant time that celebrates the achievements and contributions of Aboriginal and Torres Strait Islander people in Australian rules football and our local competition.

MVAC Chairperson, Mr. Michael Krasna, said the contribution was more than just financial — it was a symbol of MVAC's ongoing commitment to strengthening partnerships with local institutions that promote inclusion, resilience and community pride.

"Sport is at the heart of our community, and clubs like Robinvale Football Netball Club play a vital role in bringing people together," he said. "This donation is about supporting that role, and we hope it's just the beginning of a long-term relationship with the club."

MVAC CEO Mr Paul O'Neill echoed this sentiment, noting the importance of investing in local identity and connection, especially through initiatives that uplift young people and celebrate cultural values.

MVAC hopes to continue supporting the club in future seasons through both sponsorship and community-driven collaboration.

GREEN THUMBS GET ACTIVE IN THE GARDEN



We are loving the work being done on our garden project, developing a passion for horticulture with our young people!

We have put out 13 resources for mums, carers, grandparents to garden with the under fives, with the veggies coming from the Old Street Garden. A fantastic initiative!





Guruwalu Way

A path of healing

Take the first step on your path to healing with MVAC's new 10-week program tackling addiction.

- Thursdays from 11am - 12:30pm
- Starting 19th June

What is Guruwalu Way?

A program to help you understand addiction, work towards recovery, and rediscover yourself.

Who will guide you?

Shannon De Silva, MVAC's Mental Health & Addictions Therapist, will lead the program. With both clinical expertise and her own recovery experience, Shannon brings deep understanding and compassion to this journey.

Contact

For more information and to register for this program, please contact Shannon
locum2@mvac.org.au

mvac.org.au



NEW PROGRAM TO SUPPORT PEOPLE TACKLING ADDICTION OFFERED HERE AT MVAC

We are really pleased to be able to offer a new program here at MVAC that supports people who are struggling with addictions.

Being held each Thursday between 11am and 12.30pm in the MVAC hall from June 19, the program will run for ten weeks.

MVAC's own Shannon De Silva will oversee the program, sharing her expertise and understanding of the issues involved and helping people take the first step on their path to healing.

To learn more about Guruwalu Way and to register, please contact Shannon at locum2@mvac.org.au

COMMUNITY NOTICEBOARD

Immunisation against the flu is recommended for everyone aged 6 months and over. Some people with underlying medical conditions or reduced immunity are more at risk of complications from the flu and are eligible for the free flu vaccine under the National Immunisation Program (NIP).

They include:

- Aboriginal and Torres Strait Islander people aged 6 months and over
- Children aged 6 months to under 5 years
- Pregnant women at any stage of pregnancy
- People aged 65 years or over

To make an appointment for your vaccination, call our health service on 1800 966 111. Our friendly phone operator will take you through the next steps, and make a booking time that suits you. Transport is available to assist Aboriginal and Torres Strait Islander Australians to medical appointments.

PROTECT YOURSELF AGAINST THE FLU THIS SEASON

2025 INFLUENZA VACCINES AVAILABLE

The **INFLUENZA** vaccine is recommended for people aged 6 months and over and is **FREE** for those most at risk of influenza and its complications*.

Talk to your health professional about the influenza vaccine today.

*Some states and territories may provide free influenza vaccines for other groups. Speak to your GP or other health professional for more information.

Australian Government
Department of Health and Aged Care

National Immunisation Program
A joint Australian, State and Territory Government initiative

Ask about the flu vaccine today
Visit health.gov.au/flu

HAVE YOUR SAY ON HOW WE CAN IMPROVE MVAC

If you have some feedback about any of our operations here at MVAC, we have a new way to make your voice heard.

You can have your say by scanning the QR code with your smartphone.

You'll be taken to our feedback form, where you can pass on your suggestions.

