

December 2025



# Newsletter



We are a primary health and wellbeing organisation for Aboriginal and Torres Strait Islander people operating on the traditional lands of the Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagulk peoples. We strive to provide a holistic model that responds to the physical, social emotional, Cultural and spiritual need of our people.



## BACK TO SCHOOL 2026

Horsham: Dalki Guli Hub  
Tuesday 20<sup>th</sup> Jan 2026  
11am - 2pm

Stawell: Goolum Hub  
Thursday 22<sup>nd</sup> Jan 2026  
11am - 2pm

Please register your child/children  
by contacting Kym 0447 846 250

Goolum Goolum Aboriginal Co-operative respectfully acknowledges that our offices are based on unceded land of the Wotjobaluk, Jaadwa, Jadawajali, Wergaia and Jupagulk peoples. We pay our respects to their ancestors, and to Elders, both past and present, and to the future Elders and caretakers of this land.



Welcome

## Dalk, This is our last newsletter for the year and what a year it has been.

I trust our families will take time out to enjoy a break over the Christmas period and for our schoolies - enjoy summer!

We had the big celebration of the Dalki Guli hub opening this year and we will work hard to ensure all community have access and feel welcome to drop in any time.

Goolums community Christmas events are sure to be fun and well attended - thank you to all involved in organising these important gatherings.

All of our program areas will have important information in this newsletter about after hour support services etc. These will include staying safe during extreme heat periods and on Bushfire alert days. If you are travelling stay safe and take care.

Thank you to all staff and community who continue to contribute to making Goolum a vibrant workplace and community centred organisation.

The year ahead has many challenges as we grow our programs and continue to bring new staff into teams. In 2026 we will also formally move from the Cooperative model to a company limited by guarantee.

This is the result of several years of community consults and working with specialist lawyers to ensure our constitution is updated, our membership is valid and that going forward when we finally switch to become Goolum Goolum Ltd the transition will be smooth. Thanks to Rhys and the Board for bringing this all together and to the members who contributed along the way to coming to this position.

Finally, we take some time out to reflect on those who have passed in 2025. Our thoughts and care go out to all affected and we will never forget those who have gone before us.

Take care, Ants



Ants Craig - CEO

## Board of Directors



Jake Goodes  
Chairperson



Nola Illin  
Vice Chairperson



Kelly Britten  
Board Director



John Gorton  
Board Director



Lachlan Marks  
Board Director



Pamela Branson  
Board Director



Brandi Olston  
Board Director

# Congratulations Graduates



**Seamus Clarke - Dimboola Memorial Secondary College  
(Gunaí / Monero / Gunditjmara)**

**Nathan Rayes - Dimboola Memorial Secondary College (Walpiri)**

**Lakeisha Newell (Meishy) - Horsham College (Wotjobaluk)**

**Keeley McDonald - Horsham College (Palawa)**

**Curtly McDonald - St Brigid's (Wotjobaluk)**

**Kiarna Klotz - Horsham College**

**Abigail Arch - Ararat College**

**Kayla Rodda - Birchip P-12**

**Seanna Chalmers - Murrindindi College**

## CERTIFICATE OF ACHIEVEMENT



### Goolum Goolum Aboriginal Co-op

would like to  
congratulate Hemi Duffin for  
winning a  
Certificate of Achievement:  
2025 Wimmera Southern Mallee  
Local Learning & Employment  
Network Alternate Programs School  
Values Award, from  
Horsham College.

In 2025 Hemi has continued to kick personal  
goals, with his school studies.

On Thursday the 11th of December, Hemi and a  
handful of other students from Horsham College  
were acknowledged for their Achievements.

The teaching staff highlighted Hemi's drive to  
find his own work experience, in his chosen  
field: hospitality. In his roll as kitchenhand, Hemi  
got to know the ins & outs of a commercial  
kitchen thanks to Dalki Guli Hub Café, and Hemi also got to engage with  
community by doing some volunteering at one of our community events.

\*It was amazing to see Hemi engaged in community, enjoying himself and  
learning new skills.



## Congratulations Seamus Clarke



He is a natural born  
chef, winning awards  
at school and at the  
local show for sev-  
eral years. He has  
been working with his  
Aunty Cat Clarke who  
has her own restau-  
rant at the Golf Club  
in Dimboola. Cat has  
worked with many  
Indigenous people  
throughout her career  
and is thankful for  
the knowledge she is  
able to utilise in her bush infused cooking.  
Seamus is thinking of working and per-  
haps pursuing a career/traineeship as a  
Chef next year. Year 12 wasn't an easy year  
with many challenges along the way.

We are extremely proud of Seamus and his  
strength and courage in completing Year  
12 and pursuing his dreams.

# Warrnambool Surf n Beach Day



VICTORIAN  
INDIGENOUS  
SURFING PROGRAM



# WARRNAMBOOL BEACH AND SURF DAY

Aboriginal and Torres Strait Islander Surf & Beach Day

Date: Wednesday 14th January 2026

**Parent or carer must attend with child**

**Lunch and transport supplied**

**You must be able to swim & be 6 years or older to surf**

**All surf equipment will be supplied**

**Please bring bathers, towel, sunscreen, water bottle  
and a change of clothes.**

**Registration required, please contact:**

**Kym Bateson - 0447 846 250**



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an initiative of  
VicHealth®

# Sistas Christmas Lunch



Over the past month, our Celebrating Sistas have been coming together on Country, yarning and creating Christmas tree ornaments with clay. Once the pieces had dried, they were ready to be painted. We saw some deadly creativity from our Sistas, making some funny and beautiful ornaments to hang on their Christmas trees.

We also celebrated the year with a hot roast Xmas lunch shared with our Sistas from Stawell, Ararat, Dimboola & Horsham. We look forward to sharing our amazing program in 2026.



# Back-to-School Information Guide

## State Schools Relief

The Victorian State Schools Relief supports families with purchasing items required for school, such as shoes, uniforms, books and learning devices, for students attending **Government Schools**.

They offer:

- Glasses for Kids Program. Providing glasses for students with visual impairments.
- Graphing Calculator Program. Providing graphic calculators for secondary students doing STEM subjects in terms 1 & 4.
- iPad Program. Providing iPads for non-verbal students.
- Travel Pass Program. 30-Day Travel Pass for any primary, secondary or specialist school students experiencing crisis, such as family violence or sudden financial hardship, to ensure they can continue to travel by public transport.
- Work boots for students enrolled in VET subjects.
- Discount items from direct from their online store, such as:
  - School basics.
  - School shoes
  - Workwear uniforms.
  - Swimwear.

## How can I apply?

Requests for assistance are made by the school staff, this could be a principal, wellbeing coordinator, KESO or a teacher. A request can also be made by a support agency.

Ask your school or support service about applying for assistance through the State Schools Relief program.

## For more information.

03 8769 8400

contact@ssr.net.au

<https://stateschoolsrelief.org.au/>

1/8 Johnston Court, Dandenong South  
VIC 3175

Would you like help to accessing support? You can begin by having a friendly chat with your schools Principal, KESO or wellbeing team to talk about your situation and what supports they can offer.

Alternatively you can reach out to Renae Podolski at Goolum Goolum on 0474 933 998 to assist with navigating these pathways



## Opening the Doors Foundation

Opening the Doors Foundation provides grants to support the extra costs of school, including school uniforms, books, school camps & excursions, IT equipment, stationary and other school associated costs (schools fees and tutoring not included). The fund is open to students of Aboriginal or Torres Strait Islander descent currently enrolled in a **Catholic or Independent education institution.**

### How do I apply?

Complete the online form below:

<https://app.openingthedoors.org.au/>

The form can be completed by the student/family, a school support person, or a support worker from another organisation.

### For more information.

0401 487 414

[enquiries@openingthedoors.org.au](mailto:enquiries@openingthedoors.org.au)

<https://www.openingthedoors.org.au/>

## Les Twentyman Foundation - Back to School Program

The Les Twentyman Back to School Program provides educational resources, textbooks, and stationery for young people in **Government, Catholic & Independent schools** experiencing financial difficulty and unstable living conditions.

### How do I apply?

A young person must be referred by their school or a support worker from a 3rd party organization (ie. VACCA, VACSAL, VAEAI, local co-op or health service) and must meet specific criteria to be eligible for the program. First Nations students are eligible for assistance through the program. The worker referring should email the full booklist to the program when applying.

### For more information.

03 9689 4800

[info@ltfoundation.com.au](mailto:info@ltfoundation.com.au)

<https://ltfoundation.com.au/our-services/back-to-school/>



## Camps, Sports and Excursions Fund (CSEF)

The CSEF provides payments to assist eligible families to cover the costs of camps, sporting activities and excursions.

Payments in 2026 are now \$400 per student, and are made directly to an eligible student's school.

Schools must use a CSEF payment only for the eligible student. The program is set to resume in 2026, although the department has not yet released the application timeline.

For the most current information and updates, please refer to their official website. This support is available for **Government schools**.

### For more Information

<https://www.vic.gov.au/camps-sports-and-excursions-fund>



Back to School for 2026

# BACK TO SCHOOL 2026



**This event is to provide a safe place for Aboriginal and Torres Strait Islander children and their families to connect before school starts.**

**All students will receive packs for school, lunch & healthy lunchbox ideas they can make themselves.**

**Horsham: Dalki Guli Hub  
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**Stawell: Goolum Hub  
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Kym 0447 846 250**

## Elders Christmas Lunch

On Thursday 11th December, around 20 Elders gathered at Westside for our annual Christmas lunch.

It was a great afternoon filled with lots of laughs, good company, a delicious meal and enjoying the sunshine.



From The Hamilton Street Medical Clinic, the staff would like to wish our Elders a wonderful Christmas. We will see you next year.

## GOOLUM GOOLUM SOCIAL, EMOTIONAL WELLBEING AND THERAPEUTIC SERVICES

### YOUTH MENTAL HEALTH & BRIEF INTERVENTIONS

- For young mob 12 - 25 years
- Advocacy
- Brief Intervention / Lifestyle support
- Care & Recovery Coordination
- Cultural and social connection
- Ongoing assistance in day-to-day challenges
- Referrals and assistance accessing mental health services

### BRINGING THEM HOME

- Available to all Community
- Support to complete Confirmation of Aboriginality (COA) applications and obtain COA Certificate
- Support to access Link-Up
- Help to research and understand family history

### ALCOHOL & OTHER DRUGS PROGRAM

- For all mob over 16 years
- Advocacy
- Brief Intervention / Outreach
- Care & Recovery Coordination
- Comprehensive Assessments
- Harm Minimisation / Treatment Plans
- Therapeutic Counselling
- Referrals and assistance accessing other AOD services

### SOCIAL, EMOTIONAL & WELLBEING (SEWB)

- Advocacy
- Assistance in day-to-day challenges
- Cultural connection
- Education and Employment pathway support
- Housing and Homelessness advocacy
- Improve emotional wellbeing
- Social interaction
- Supported referrals to other services
- Support in addressing food insecurity
- Support to access financial aid

### YOUTH BUDDIES

- One-on-one support for those aged 12 - 18 years
- Weekly or fortnightly catch ups
- Help to set achievable goals
- A safe space to talk about what's going on in your life
- Cultural and social connection
- Referrals and assistance to access ongoing and/or intensive support services

For more information and/or referral to any of our SEWB & Therapeutic Programs, please contact us on (03) 5381 6333 and ask to speak to a SEWB worker.



## How to cope and stay safe in extreme heat

During extreme heat it is easy to become dehydrated or for your body to overheat. Heat can cause serious and potentially fatal health problems such as heat exhaustion and heatstroke, trigger sudden events like heart attack or stroke, or worsen existing medical conditions like kidney or lung disease.

### Urine Color Chart

#### pail straw yellow

hydrated, odorless and plentiful urine is often an indication that you are well hydrated.

#### translucent yellow

hydrated, keep drinking at the same rate.

#### dark yellow

slightly dark yellow urine can indicate that you need to drink more water. drink a glass immediately.

#### amber

dehydrated, medium-dark yellow urine is often an indication that you are dehydrated. drink 2-3 glasses immediately.

#### brown

very dehydrated, dark, strong-smelling urine in small amounts can be a sign of dehydration. drink 2 bottles of water immediately.

\*Certain foods, medications and vitamin supplements may change your urine color even if you are hydrated.

# Extreme heat is dangerous



Always have a plan to stay cool



Stay up to date with weather forecasts in your area



Stay hydrated on hot days



Check in with family, friends and neighbours



## Hot weather and Pets



Never walk your dog on hot pavements, roads or sand-paws are sensitive and burn easily. If you can't stand the heat with the back of your hand then it is too hot for your pets to walk on.



Make sure pets have two large bowls of clean, fresh water to drink (in case one runs out or is knocked over), and put both in the shade, ice blocks help keep their water cool for longer.



If possible, bring pets inside when the weather is hot. If they cannot be indoors, make sure they have plenty of shelter and shade. Pets in cages, like birds, rabbits and guinea pigs, need to be kept indoors or in shade at all times of the day on extremely hot days.



Never leave pets in a closed shed, garage or car (including with the windows down)- the temperature inside will get very hot very quickly.



Walk your dog early in the morning or evening when it's cooler.



Fill a small paddling pool with some water and place in a shady spot so your pet can cool down

Do not leave your pet's food outside in the heat-if they do not eat it straight away, cover it and put in the fridge for later.

If your pet is showing signs of heat stress, like panting, sweating or drooling:

- Move them to a cool place
- Seek urgent medical attention for your pet from a vet
- Apply or spray cool water on to your pet's fur/skin, followed by fanning and also wet the ground around them.

## Keeping Mob safe in the heat.

Keep Mob safe in the heat by planning ahead, staying cool, checking in on Community and recognising heatstroke symptoms.

Due to human-caused climate change, heatwaves are becoming more frequent and intense. Hot weather can be dangerous for our health and can even be fatal. Community infrastructure and services, such as electricity and public transport, can also be affected, so it's important to keep Mob safe during hot weather, especially Elders, bubs, people who are pregnant, living with a medical condition or disability, or people who are without a secure home.

There's a number of ways to protect yourself and others in the heat.

### Plan ahead and stay informed.

Stay informed of heat wave warnings from the Bureau of Meteorology. Heat wave warnings are often issued days in advance. Check with your local councils as many offer advice or plans in case of heat waves.

Have a plan for what you can do during extreme heat. How can you make your home cooler? Do you know community centres or Aboriginal gathering places you can go to escape the heat? Do you have a back-up plan if electricity, public transport or roads fail?



Bureau of Meteorology heat wave warnings

### Stay cool.



Stay indoors on hot days, especially between 12PM and 4PM – usually the hottest part of the day. Try to stay somewhere with air conditioning. Use wet towels and fans to cool yourself down if you need. If you need to be outside, it's best to go early in the day or after the sun sets.

When in the sun – wear light clothing that covers your arms and legs, apply sunscreen to exposed skin regularly, wear sunglasses and a wide brimmed hat.

Cold food and snacks can help you to stay cool. Fresh fruits and summer veggies will also help keep you hydrated, especially lettuce, cucumber, capsicum, celery, tomatoes, melons, and berries.

## Extreme Heat Safety

### Drink water.

On hot days, it's important to drink plenty of water, even when you don't feel thirsty. Avoid drinks that dehydrate your body. This includes black tea, coffee, alcohol and sugary drinks.

Keep some drinking water in the fridge or even in the freezer.



### Recognise the signs of heatstroke.

Heatstroke is a life-threatening condition that occurs when your body temperature reaches 40°C or higher. It's important to recognise the signs and symptoms of heatstroke:

- hot and dry skin, typically no longer sweating,
- rapid, strong pulse,
- rapid, noisy breathing,
- dizziness, headaches and nausea,
- unreasonable, confused or aggressive behaviour,
- loss of consciousness, fits/seizures.

#### Caring for someone with heatstroke

Move them to a cool, shaded area, remove their outer layers of clothing and wet their skin with water.

Call 000 immediately if someone is experiencing heatstroke.

### Keep Mob safe.

Stay connected with Community. Check on kin, friends and neighbours, particularly the elderly, sick, and young who are vulnerable to the heat.

Make sure pets have plenty of water and shade for the day. Call a vet if you are concerned about them. Care for wild animals by leaving out shallow containers of water in shady, protected places.

Find out more



17-23 Sackville Street, PO Box 1328,  
Collingwood VIC 3066  
T 03 9411 9411  
E [enquiries@vaccho.org.au](mailto:enquiries@vaccho.org.au)  
[vaccho.org.au](http://vaccho.org.au)



The Greater Melbourne Regional Climate Change Adaptation Strategy is a community-led project supporting Greater Melbourne communities to adapt to a changing climate, supported by the Department of Energy, Environment and Climate Action (DEECA) and funded through the Supporting Our Regions to Adapt program. This project received funding from this program.

# Cardiac Health & Diabetes Program

Do you have problems with high blood pressure, heart or diabetes? Then you could join us in this program to make a big difference to your health and wellbeing.



## Program Outline

- 12 week program
- Support all the way from a care team
- Increase exercise & movement
- Improve diet and social wellbeing
- Improve quality of life

## How to Join

### • Give your name at Medical Clinic

have a yarn to your Doctor or nurses about this life changing program to live your life with improved energy and happiness.

### • Ring Goolum Goolum

Ask to speak to Krista (Care Coordinator) who will support you all the way.

**GET IN QUICK    LIMITED SPACES!**

NEXT GROUP

**21 JANUARY 2026**

**AUNTY IRENE ROOM**

Maybe you could join with a friend or family who need to make changes to their health and wellbeing.



For more information

krista.fischer@goolumgoolum.org.au

PH: 5381 6310

# Health Directory



The holidays can be hard for many reasons and it's different for everyone. If you or someone you know is not doing well, there are contacts and resources to access for help. Nothing is more powerful than giving each other a HAND UP, reaching out to each other and connecting with each other through this time.



VIC  
EMERGENCY  
Download VicEmergency  
[www.emv.vic.gov.au](http://www.emv.vic.gov.au)

000 ➤  
Triple Zero Victoria

in an emergency  
always call 000



13 YARN

YARN – 24/7  
13 92 76

Lifeline

Lifeline – 24/7  
13 11 14

DirectLine

DirectLine (AOD) – 24/7  
1800 888 236



Grampians  
Health  
Horsham

Horsham Psychiatry 5362 1300  
(Monday – Friday, 9:00am – 5:00pm)  
3 Robinson St, Horsham  
1300 24447 647 (after hours)



Uniting  
Wimmera



Uniting Wimmera  
5362 4000  
(Monday – Friday, 9:00am – 5:00pm)  
185 Baillie St, Horsham



Emergency Housing  
(after hours & public holidays)  
1800 825 955



Christian Emergency Food Centre  
5381 2311  
(Monday – Friday, 1:00pm – 3:30pm)  
28 Firebrace St, Horsham



Stawell Food Bank  
0408 038 949  
(Monday, Wednesday & Friday,  
10:00am – 2:30pm)  
20 Sloane St, Stawell



The Orange Door – Wimmera  
1800 271 042  
Family Services/Family Violence  
(Monday – Friday, 9:00am – 5:00pm)  
3 – 7 Madden St, Horsham

1800RESPECT  
NATIONAL SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE COUNSELLING SERVICE

1800RESPECT – 24/7  
1800 737 732



Horsham Police Station  
(03) 5382 9200  
20 Roberts Ave, Horsham



Wimmera Base Hospital  
(03) 5381 9111  
83 Baillie St, Horsham



Stawell Police Station  
(03) 5358 8222  
9 Patrick St, Stawell



Stawell Regional Hospital  
(03) 5358 8500  
Unit 27 – 2 Sloane St, Stawell

## About lung screening

### Who is lung screening for?

Lung screening is for people who:

50-70 years old

Are 50-70 years old



Have a tobacco cigarette smoking history of 30 pack-years or more



Currently smoke or have quit smoking in the past 10 years



Have no signs or symptoms of lung cancer

Your doctor, nurse or health worker will talk to you about your smoking history to see if you are eligible for lung screening.

### Why is lung screening important?

Having lung screening every two years is the best way to find lung cancer early.

When lung cancer first starts, it has no symptoms.

That's why it's important to get screened, even if you feel well.

Finding lung cancer early, means doctors can usually treat it and help people get better.

### Screening is for people who don't have symptoms.

Speak to your doctor, nurse or health worker about any signs of lung sickness you might have, like:

- A new or changed cough
- Short of breath (short wind)
- Losing weight without trying
- Tired for no reason
- Coughing up blood
- Chest or shoulder pain

You might need different tests.



NATIONAL  
LUNG CANCER  
SCREENING  
PROGRAM

The National Lung Cancer Screening Program is an Australian Government program

NACCHO



Lung  
Screening

### WHY IS LUNG SCREENING IMPORTANT?

Having lung screening every two years is the best way to find lung cancer early. When lung cancer first starts, it has no symptoms. That's why it's important to get screened, even if you feel well. Finding lung cancer early, means doctors have the best chance to treat it and help people get better

Your doctor, nurse and health worker can help you quit if you would like. Quitting smoking is the best way to reduce your risk of lung cancer



Talk to your Doctor, Nurse or Health Worker to see if lung screening is right for you. You can still be screened even if you still smoke



# Maternal Child Health

Merry Christmas!!!

We would like to wish all our Families a Merry Christmas.

Stay Safe and Jolly during your Christmas Celebrations!

Our Maternal Child Health Service will be closed for the Christmas New Year Period.

We will finish **Thursday 18<sup>th</sup> December 2025**, and return **Tuesday 6<sup>th</sup> January 2026**.

Many Happy Returns,  
Jenny, Amy & Chelsea



24 Hour Maternal Child Health Hotline

13 22 29





The team at Hamilton Street Medical Clinic will be taking a break over Christmas – New Year period.  
We will be closed from Friday 19th December and re-opening on Monday 5th January 2026.

**In case of an Emergency please contact:**

**Medical Emergency: 000**

**Lister House Clinic: 5382 0011**

**Horsham Doctors: 43364099**

**After hours GP Hotline: 1800 022 222**

**Nurse on Call: 1300 60 60 24**



**Victorian Virtual Emergency Department  
(24/7 urgent medical assistance in your own home)**  
Log onto [www.vved.org.au](http://www.vved.org.au)

**Have a wonderful Christmas and  
we will see you in the New Year.**



NDIS contact details during the Christmas/New Years period

**NDIS: 1800 800 110**

Latrobe Community Health Service to contact your  
local area coordinator: **1800 242 696**

Those with support coordinators, please contact the appropriate  
person/service provider.

If any confusion or you need these numbers/support services clarified,  
please contact Ellysha Shields before on 0429874559  
before Thursday the 19th of December, 2025.



**CLOSE  
THE GAP**



**BUILDING  
OUR FUTURE**



**FOCUS  
ON FAMILIES**



**STRONG  
VOICES**

**Goolum Goolum, more than just a health service.**

**We strive to provide a holistic model that  
supports the physical, social, emotional, cultural,  
and spiritual needs of our people.**



Feel free to contact us if you would like to contribute  
to the next Newsletter or have feedback.

See our contact details below.

reception@goolumgoolum.org.au  
43 Hamilton Street, Horsham Victoria 3400  
Ph: (03) 5381 6333



**goolumgoolumaboriginalco.op**



**www.goolumgoolum.org.au**