

March-April 2026



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.

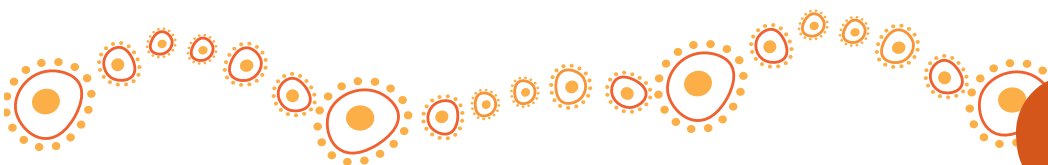


Stay Connected with us

We have moved away from bulk printing our newsletter, but we want to make sure everyone in our community stays informed.

If you wish to receive the newsletter automatically, please contact Goolum Goolum at 5381 6333 or reception@goolumgoolum.org.au to be added to our digital list. If you don't have an email we can post a copy to you.

Support is available for anyone who needs help connecting online.



Welcome

Dalk

Lots happening in April with some great activities underway. I look forward to the GOYM activities and the community event.

Again we welcome some new faces into the Goolum team and I wish these people all the best as they find their way working with community. It is important we take the time out to make people feel welcome and to retain our sense of family as we grow bigger. Good to see the Elders and Sistas getting together and creating some deadly arts and crafts.

Congratulations to our young ones who are doing all sorts of amazing things including Archie Nikkelson and his CFA achievement award, John Clapham – appearing the Goolagong series, and Jordan Lockwood heading off to the Geelong Next Gen Footy Academy.

And to all the Donald Mob who excelled for the Donald Devils basketball teams.

Great to see our young people staying active and participating in healthy lifestyles.

The Easter hunt was a great event and thanks to the organisers and all the kids who found some Choccy Eggs!! Hope they were delicious.

Lots of other important information in this newsletter and importantly its time for the annual Flu jabs – please take advantage of our clinics as the Flu can make people very unwell. Our team is there to get you sorted. Take care – and lets not talk footy tipping!!



Ants Craig - CEO



Board of Directors



**Jake Goodes
Chairperson**



**Kelly Britten
Board Director**



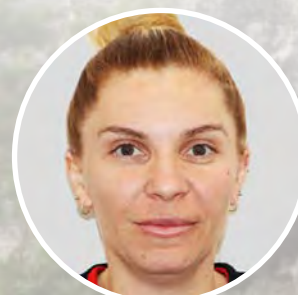
**John Gorton
Board Director**



**Lachlan Marks
Board Director**



**Pamela Branson
Board Director**



**Brandi Olston
Board Director**

Well Done Archie!

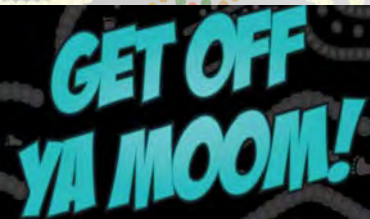


Archie Nikkelson – Achievement Award


On the weekend of 21st March, Archie and his team Warracknabeal CFA attended Victorian Fire Championships in Stawell. The Fire Championships are a statewide firefighting competition where volunteer brigades (30+ Brigades) go head-to-head in simulated firefighting events, showcasing skill, teamwork, and speed. Archie and his team got – 3rd place in the Under 14's Striking Second Disc Once with a time of 20.35. Archie, and his team also got 2nd place in the 4Y with an incredible time of 9.93. Special mention to Archie, who competed in 5 events and achieved podium finishes in two – an incredible effort!



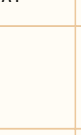

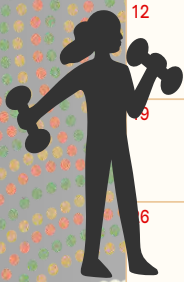






APRIL




2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 	3 	4 1 10-1pm Mens Health Day - Horsham	5 2 3pm EASTER HUNT	6 3	7 4 
8 	9 6	10 7 Coffee with a cop Hub midday and 3pm Elders Group	11 8 10-1pm Mens Health Day - Horsham	12 9	13 10 4pm Boxing at Hub	14 11
15 12 	16 13 	17 14 Elders Group Water Aerobics 11am	18 15 9.30am Walk & morning tea From Hub	19 16 Get off your Moom 11-3pm	20 17 4pm Boxing at Hub	21 18
22 19	23 20	24 21 Elders Group Water Aerobics 2.30pm	25 22 9.30am Walk & morning tea From Hub 4pm Boxing at Hub	26 23	27 24	28 25
29 26 	30 27	31 28 Elders Group	32 29	33 30 4pm Boxing at Hub		

MAKE SURE YOU REGISTER TO RECEIVE YOUR GOYM PACK!



SCAN THE QR CODE OR VISIT THE GOOLUM GOOLUM WEBSITE - WHAT'S HAPPENING PAGE.

WWW.GOOLUMGOOLUM.ORG.AU/CAMPAIGNS



CALLING LOCAL ABORIGINAL AND TORRES STRAIT ISLANDER ARTISTS!

WE ARE LOOKING FOR A LOCAL ARTIST TO
DESIGN A NEW LOGO AND ARTWORK FOR AN
EXCITING NEW PROJECT COMING TO
GOOLUM GOOLUM!

NGARRANG GULIWIL (TO KNOW POISON) IS A NEW UPCOMING
PROJECT TO HELP EDUCATE MOB ON ALCOHOL USE AND ITS
POTENTIAL AFFECTS.

YOUR ARTWORK WILL BE THE VISUAL REPRESENTATION OF
THIS PROJECT AND SHOULD HIGHLIGHT:

- STRENGTH
- GROWTH
- DETERMINATION
- CHANGE
- LEARNING
- RESILIENCE

THE SELECTED ARTIST DESIGN WILL RECEIVE A \$500 GIFT CARD

If you are interested in designing a piece of art for
this project please contact Emily Vettos on
0447 858 260 or emily.vettos@goolumgoolum.org.au



Alcohol
and Drug
Foundation



Local Drug Action Team Program



Boxing Sessions

During April for Get Off Ya Moom month
Goolum Goolum are hosting Ripe2Train
Boxing Sessions
for 12-18 year olds.

GET OFF
YA MOOM!



Ripe2Train

Session Dates & Times

- Friday 10th April - 4pm
- Friday 17th April - 4pm
- Wednesday 22nd April - 4pm
- Thursday 30th April - 4pm

Contact Kym 0447 846 250 to secure a limited spot
and for transport options.



- Sessions are 60 mins
- all equipment provided
- fun games
- support technique

A Trip to the Zoo

On Friday 10th April our Family Services Staff Tyra and Molly took Zarah, Izac, Ryder, and Braxton to the zoo as part of a mentoring activity. The children had the opportunity to see some native animals, and everyone had a great time. They also developed new friendships with one another throughout the day.



UPCOMING

2026 Warrnambool Koorie Big Day Out

An aspirational event to promote university pathways to young mob in secondary school.



The Koorie Big Day Out brings together the Koorie units of Victorian Universities, showcasing opportunities of future pathways and careers to young mob.

Date: 28th of April

Time: 10:30am-2:30pm

Place: Wannon Function Centre
331 Koroit Street, Warrnambool
Victoria 3280



Rachael Cannon Siemsen

Toorong Marnong Project Coordinator
M: 0499 884 476 E: rachael@vaeai.org.au

Register for our regional bus service

for the 2026 Warrnambool
Koorie Big Day Out (KBDO).

We'll be organising buses to provide transport to and from regional locations to attend the Metro Koorie Big Day Out 2026.

Registrations are essential, as they will help us organise pick-up locations and bus capacity. Koorie students, teachers, KESOs, and parents are welcome to use the bus service.

Pick up locations

- Horsham.
- Portland.
- Ballarat.
- Geelong.
- Haywood.
- Hamilton.



Contact:

Rachael Cannon Siemsen
Rachael@VAEAI.org.au

0499 884 476





Inviting all our Aboriginal and Torres Strait Islander Community and Families

Get off ya Moom! Ambassador
Former AFL Superstar

Leon Davis



REGISTER TO RECEIVE YOUR GOYM PACK!

IT'S BACK IN APRIL

GET OFF YA MOOM!

THIS APRIL IS 'GET OFF YA MOOM! MONTH.
IT'S YOUR OPPORTUNITY TO GET UP AND GET MOVING!
GET INVOLVED BY SCANNING THE QR CODE TO REGISTER YOURSELF AND FAMILY FOR FREE. WE'LL HAVE CHALLENGES AND ACTIVITIES FOR YOU TO GET INVOLVED IN... AND YOU RECEIVE A GOYM! PACK. LET'S GO!

MAKE SURE YOU REGISTER TO RECEIVE YOUR GOYM PACK!



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WWW.GOOLUMGOOLUM.ORG.AU/CAMPAIGNS



For more information: kym.bateson@goolumgoolum.org.au or call 0447 846 250

New Staff Profiles



Sigrid Ellifson

NICKNAME

Sig, Sigg

PROGRAM AREA

ADLO

PLACE OF BIRTH

Horsham

AFL TEAM

St Kilda

FAVOURITE FOOD

Pasta

MY SPORTS

Love Walking

OTHER INTEREST

Cooking, Travel,
Spending time with my
2 y/o daughter



Elizabeth Loveday

NICKNAME: Lizzy / Liz

PRONOUNS: She/Her

PROGRAM AREA

Family Services Support Worker

PLACE OF BIRTH

Nhill, Victoria

AFL TEAM: Carlton

FAVOURITE QUOTE

"It is what it is"
"Not my chickens, not my farm"

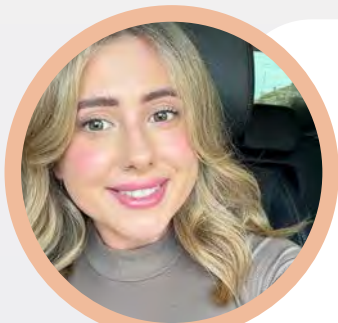
FAVOURITE FOOD

Creamy Chicken Carbonara

MY SPORTS: Gym

OTHER INTERESTS

Napping and Snacking



Paityn Chambers

NICKNAME: Paits

PREFERRED NAME: Paityn

PRONOUNS: She/Her

PROGRAM AREA

Family Violence Case Practitioner

PLACE OF BIRTH

Bairnsdale

AFL TEAM

Richmond

FAVOURITE FOOD

Mexican, Pasta

MY SPORTS: Running, Triathalons

OTHER INTERESTS

Studying Bachelor of Social Work
final year



Tamika Fraser

PROGRAM AREA

IFS / FPR Case Practitioner

PLACE OF BIRTH

Swan Hill

AFL TEAM

Carlton Blues

FAVOURITE FOOD

Seafood

FAVOURITE QUOTE

"Always look on the bright side"

MY SPORTS

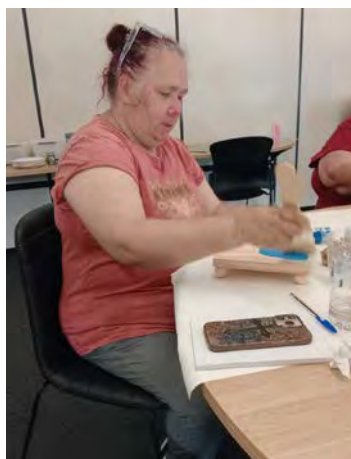
Athletics, footy, running, netball

OTHER INTERESTS

Singing, dancing, animals,
cheering at sports day



Elders Trivet Making



In February, our craft group created beautiful trivets for their pot plants. The ladies carefully sanded wooden blocks, glued four beads underneath to form the feet, and then painted and decorated each piece to suit their own style.



It has been wonderful seeing the creativity of our community lately! The finished trivets are now proudly displayed in their homes!



Congratulations John

John Clapham from Donald was recently a cast member in the upcoming series Goolagong. The series chronicles the life of Evonne Goolagong Cawley. John plays Kevin who is Evonne's brother. The film was filmed and produced in Victoria. What an amazing achievement John, such a proud moment for you and your family!!



CONGRATULATIONS!

Jordan's Footy Dedication

In January Jordan Lockwood received an invitation to attend the GEELONG NEXT GENERATION FOOTBALL ACADEMY training session for a selection in the team. This event was for indigenous children only. Jordan had a training session in Horsham and 2 training sessions at the GMHBA stadium in Geelong. Jordan then received an email stating that he had been selected for the team. Jordan has first game on Monday 13th April.

Moving forward if Jordan does well in these games, he could be selected to move ahead and be part of the FLYING BOOMER-ANGS. This opportunity is also how other indigenous AFL players made their footy careers through these types of programs.

Jordan is very excited to be part of this program and happy to show off his footy skills on the field. Jordan is a very talented football player and has enjoyed every moment of it and will continue to give it his all as he always does.

We are very excited to see what his future holds for him from here on, but his family will be proud of his achievements either way. He is only 14yrs of age, so he has years left of opportunity lying ahead. Good luck to Jordan and all the best. Proud moment for the Lockwood family.



CONGRATULATIONS!



Basketball Stars



Donald Basketball Achievement Awards



Congratulations to our Donald Mob on achieving some great awards from the 2025/26 Donald Devils Basketball season.

- Latoya Rayner - Under 12's Coaches Award, Most Improved & U12's Premiers
- Kyetta Rayner - Under 12's Coaches Award
- Nullah Clapham - Men's Coaches Award
- Ethan Clapham - Men's Premiers

Well done to all!



Celebrating Sistas

Celebrating Sistas

Our Celebrating Sistas have enjoyed a wonderful couple of months filled with vibrant programs and plenty of laughter. We ventured out on Country to Halls Gap for a special day, sharing lunch together and visiting Brambuk. A fortnight later, we kept the fun going for Get Off Ya Moom Month with an 80s-themed chair yoga session—our Sistas certainly know how to have a laugh! Most recently, we celebrated Easter by creating colourful Easter baskets and enjoying a range of bright and cheerful craft activities.



Chair Yoga!



Easter Craft!





Easter Craft!



Halls Gap Trip



Elders Easter Craft

Our craft ladies had a wonderful time creating lovely Easter wreaths to hang on their doors, along with some adorable little rabbit ornaments.



**Alva
Easter Craft**

**Margaret
Easter Craft**



**Elise
Easter Craft**



**Belinda
Easter Craft**

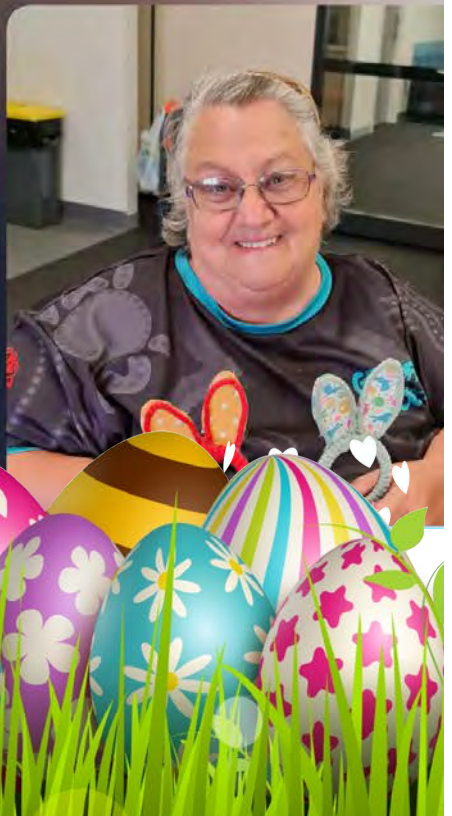


**Aunty Helen
Easter Craft**





Elders Easter Craft



HEALTHY SLEEP HABITS FOR ALL OUR MOB

Steps to your deep dreaming so you wake up feeling deady

Following these tips can help improve your sleep.
Remember to yarn with your GP if you are having sleep troubles.

DAYTIME THINGS TO HELP YOU SLEEP

Exercise regularly



Eat healthy foods



No naps after 3pm



Track your sleep



WINDING DOWN IN THE EVENING

Avoid caffeine, sugar, and smoking/vaping near bedtime



Avoid alcohol near bedtime



Use your bed only for sleep and intimacy



Keep a healthy sleep routine



GETTING READY FOR BED

Set your alarm



Have a shower or bath



Create a sleep-friendly environment and block out light



If you can't fall asleep keep trying



It's normal to have difficulty falling or staying asleep every now and then.
But see your GP if you are having ongoing trouble sleeping.

GET DRIVING WITH GOOLUM



Ready to get your L's or P's?
Give us a call so we can help
set you up for driving success!

- 'Road to Solo Driving' Guide
- 'Guide for Learner's' Log Book
- Support to access Learner's and Hazards testing
- Lessons with a Qualified Driving Instructor

**FREE PROGRAM FOR
ABORIGINAL & TORRES
STRAIT ISLANDER
COMMUNITY 15YRS AND
OVER**

**READY TO GET YOUR LICENSE
OR WANT TO FIND OUT MORE?**



CONTACT REGAN ON 0428 801 474
REGAN.SHAW@GOOLUMGOOLUM.ORG.AU

This activity is made available through Dhekl Dja:
Safe Our Way Community Initiative Fund



WALK & A CUPPA



START THE DAY RIGHT

Wednesday 15th & 22nd

Meet at the Hub at 9.30 for 1/2hr walk
then a cuppa



Look out on Facebook for more updates on
Get off your Moom activities



**GET OFF
YA MOOM!**

**MAKE SURE YOU REGISTER TO RECEIVE
YOUR GOYM PACK!**



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GOOLUM WEBSITE - WHAT'S HAPPENING PAGE.
WWW.GOOLUMGOOLUM.ORG.AU/CAMPAIGNS



For more information: kym.bateson@goolumgoolum.org.au or call 0447 846 250

Maternal and Child Health



Deadly Bellies & Babies



Wednesday 15th April
10-12 in The Playgroup Room

Thursday 7th May
11am-1pm Aunty Irenes Room

Tuesday 19th May
10-12 in The Playgroup Room

New Mums | Pregnant Women | Bubs

Join the Maternal Child Health Nurses and other Mums & Bubs in a friendly space to connect, share stories and build friendships.

Support ● Connect ● Share

MCH Mobile - 0488 138 482

MCH Mobile - 0488 138 482

get ready, its Flu jab season!



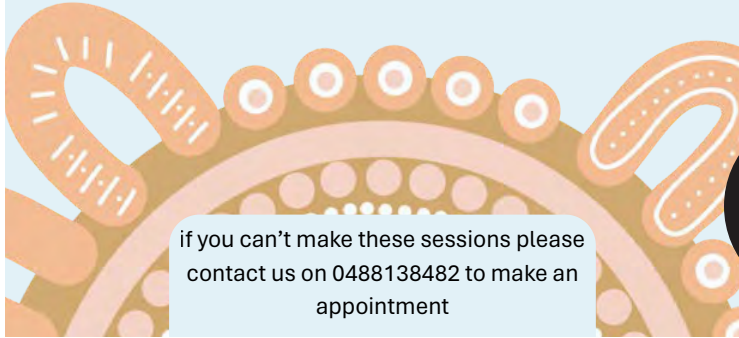
free pop in clinics every Thursday in May for babies and children from 6 months to 5 years old

at Hamilton Street Medical Center with your MCH nurses

- 7 May 9-11am
- 14 May 2-4pm
- 21 May 9-11am
- 28 May 9-11am

Flu and RSV can make babies and young children very sick, especially during the colder months. These illnesses can cause breathing problems and sometimes lead to hospital stays. Vaccination helps protect children while their immune systems are still growing, and also helps keep families and Elders safe. Keeping children up to date with vaccines is one important way we can care for our kids and keep our community strong.

have a chat to Jenny, Amy or Chelsea and we can answer any questions 0488138482



if you can't make these sessions please contact us on 0488138482 to make an appointment





Cardiac Program

Do you have problems with your heart, diabetes and high blood pressure?

Or just want to make some healthy changes.



- Improve Health, wellbeing & confidence.
- making life long habits
- Feel Better, look Better
- Free Giveaways
- 16 week program

How to Join

PH: 5381 6310 or 0427 284 843

Next group starts in June

GET IN QUICK LIMITED SPACES!



Celebrating Success

Tracey Reaches New Heights!

We are thrilled to share some fantastic news with the community. Please join us in congratulating Tracey, has officially graduated with a Graduate Certificate in Diabetes Education and Management.



Tracey's achievement is a testament to her incredible dedication and the countless hours of hard work she poured into her studies. We have watched her balance her commitments and we couldn't be prouder of her success.

But the journey doesn't stop here! Tracey is currently moving through the final steps to become fully credentialed. Very soon, she will be available to see patients right here in our community, providing expert care and support for all their diabetes management needs.

We are so lucky to have your expertise and passion in our team.



Get the Flu Shot

The flu can be serious. Every year, it affects thousands of Victorians. Now available FREE with a \$25 voucher.

Protect yourself and your mob by getting vaccinated. Please ring the clinic now to book in for your flu vaccine.

PH: 5381 6330



CERVICAL SCREENING TEST



TEST TODAY TO PROTECT YOURSELF FROM CANCER

Cervical screening is free, quick and can help prevent cervical cancer.

\$25 Kmart Voucher with each test

You can **choose** to screen by:

- * Collecting your own sample (self collection) or
- * having a Doctor or Nurse collect your sample.



Book an appointment with Selina at Hamilton street Medical Clinic.
PH: 5381 6330



Cervical Screening

NATIONAL CERVICAL SCREENING PROGRAM
A joint Australian, State and Territory Government Program



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.





Health Directory

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.

 <p>VIC EMERGENCY Download VicEmergency www.emv.vic.gov.au</p>	 <p>Triple Zero Victoria in an emergency always call 000</p>	 
 <p>YARN – 24/7 13 92 76</p>	 <p>Lifeline – 24/7 13 11 14</p>	 <p>DirectLine (AOD) – 24/7 1800 888 236</p>
 <p>Horsham Psychiatry 5362 1300 (Monday – Friday, 9:00am – 5:00pm) 3 Robinson St, Horsham 1300 24447 647 (after hours)</p>		 <p>Uniting Wimmera 5362 4000 (Monday – Friday, 9:00am – 5:00pm) 185 Baillie St, Horsham</p>
 <p>Emergency Housing (after hours & public holidays) 1800 825 955</p>	 <p>Christian Emergency Food Centre 5381 2311 (Monday – Friday, 1:00pm – 3:30pm) 28 Firebrace St, Horsham</p>	 <p>Grampians Community Health 5358 7400 Monday to Friday 9.00am - 5.00pm</p>
 <p>The Orange Door – Wimmera 1800 271 042 Family Services/Family Violence (Monday – Friday, 9:00am – 5:00pm) 3 – 7 Madden St, Horsham</p>	 <p>1800RESPECT NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE 1800RESPECT – 24/7 1800 737 732</p>	 <p>Horsham Police Station (03) 5382 9200 20 Roberts Ave, Horsham</p>
 <p>Wimmera Base Hospital (03) 5381 9111 83 Baillie St, Horsham</p>	 <p>Stawell Police Station (03) 5358 8222 9 Patrick St, Stawell</p>	 <p>Stawell Regional Hospital (03) 5358 8500 Unit 27 – 2 Sloane St, Stawell</p>



**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