



Newsletter



AUGUST 2025

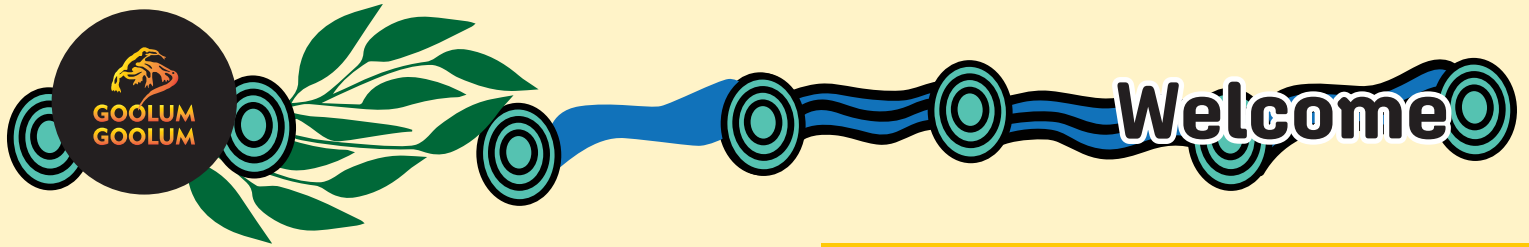


NAIDOC WEEK 2025 Programs & News

Strength, vision, and legacy carried by the next generation of our community. It was a time to honour culture, share stories, and celebrate the resilience and pride of our people.

**GET OFF
YA MOOM!**

**MORE INFORMATION TO COME,
SO GET EXCITED!**



Goolum Goolum Aboriginal Co-operative respectfully acknowledges that our offices are based on unceded land of the Wotjobaluk, Jaadwa, Jadawadjali, 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.
Always was, always will be, Aboriginal Land.



CEO Ants Craig

Board of Directors



Jake Goodes
Chairperson



Kelly Britten
Board Director



Nola Illin
Vice Chairperson



John Gorton
Board Director



Lachlan Marks
Board Director



Pamela Branson
Board Director



Brandi Olston
Board Director

Dalk **Welcome to the August edition** **of our newsletter**

What a wonderful week we had for NAIDOC events and exhibitions. A big shout out to our organisers and to all of the community who attended and made it such a wonderful celebration of culture, the past and the future generations who were there in number.

Our events continue to roll out with the Careers Expo in early August and then the Get off Ya Moom and get moving program soon to be launched. The Dalki Ghuli Hub is on the verge of opening – our Café and catering chef Fabs Lauricella has joined us and is busy setting up the café so we can begin service as soon as we have formal occupancy.

Our special committee for the official opening is working on dates and invitation lists, we hope the official opening can be delivered in early October. More to come on this.

I am looking forward to the Careers Expo and hope to see many of our school aged crew there to explore all of the amazing opportunities that are open to those ready and willing to have a go.

All the best





NAIDOC WEEK CELEBRATION

50 Years Strong!

Our NAIDOC Week started with a powerful Open Ceremony in Dimboola, held in partnership with Barengi Gadjin Land Council, and what a day it was! From a heartfelt Welcome to Country, to traditional dance, music, community yarns, and even a bit of friendly competition in the handball comp, the day was all about connection, pride, and culture. The energy, the smiles, and the shared moments remind us of how far we've come and how strong we continue to be.





NAIDOC WEEK CELEBRATION

50 Years Strong!



NAIDOC Week Art Exhibition
Celebrating Culture Through Art
As part of our NAIDOC Week celebrations, we gathered at Horsham Town Hall to honour the incredible talent of our local Aboriginal & Torres Strait Islander artists. The exhibition showcased a powerful and diverse collection of Indigenous artworks, each piece telling stories of identity, Country, and resilience.

A special highlight of the day was the premiere screening of Bunjil's View Origin of Fire, the newest instalment in Goolum's on-country film series. It was a moving experience that deepened our connection to story, land, and spirit.





NAIDOC WEEK CELEBRATION

50 Years Strong!



Thank you to the artists who, year after year, generously share their talent, stories, and culture through their incredible contributions to our exhibition.



Moments from our Stawell NAIDOC Week Gathering & BBQ, where community came together to celebrate "The Next Generation: Strength, Vision & Legacy."







On country staff trip



Goolum staff on country at Antwerp reserve out the front of Uncle Nooks shack.



Uncle Nooks shack side view



Canoe scar tree at Antwerp near Ebenezer



Thank you to everyone who came along and to our PALO officers for taking the time to sit, listen, and engage with community in such a respectful way.



Celebrating Sistas



A Creative Day of Connection and Crafting!
We had a deadly time at our Celebrating Sistas workshop, where Mob came together for a hands-on Cricut crafting session led by the talented Sarah Sheridan.

Whether it was your first time using a Cricut or you were just looking to build your confidence, Sarah from Clothing the Gaps created a warm and welcoming space for everyone to learn, yarn, and get creative. From cutting vinyl to designing unique pieces for NAIDOC WEEK, it was all about celebrating sisterhood, learning new skills, and having fun together.

Big thanks to everyone who came along and especially to Sarah for sharing her time, knowledge, and beautiful energy with us!





Academy Basketball



Basketball Academy Off to a Strong Start!

Showing great promise! Running every Friday night, the Academy provides a dedicated space for young people to build skills, connect through teamwork, and grow both on and off the court. Each session is filled with energy, commitment, and talent, not to mention plenty of smiling faces. The focus goes beyond the game itself, encouraging leadership, confidence, and community spirit through sport. This Academy is more than just basketball, it's about creating opportunities and supporting the next generation as they rise to every challenge. We look forward to watching our players continue to grow in the weeks ahead!.





Great progress is happening at our new Community Hub!
Since May, the fittings and internal works are complete, services installed, and furniture is in place. We're just one step away from opening a hub built for connection, support, and belonging.




WOTJOBALUK

Expression of Interest

VACSAL Statewide Senior Football & Netball Carnival
Sat 4th & Sun 5th Oct 2025
Cranbourne

We are entering the following teams in the Senior Carnival
 1 x Football Team (Div 3) and 1 x Netball Team (D Grade
 depending on interest we might add a second team and move
 team up to C Grade)

There is a cost to attend the carnival. We will be assisting
 players/ officials and supporters with a subsidised
 accommodation.

Coaches and officials will be announced the week after
 the 5th September 2025

REGO close COB Friday 5th September 2025

**FOOTBALL
PLAYERS
QR CODE
REGO
LINK**



**NETBALL
PLAYERS
QR CODE
REGO
LINK**



**OFFICIALS/
SUPPORTERS
QR CODE
REGO LINK**



The “Get off ya Moom” challenge will be you & your family’s chance to get moving, be healthy, gather and (most importantly) have fun! There will be prizes to win, merchandise to get and FunRun/Walk/Ride to compete in!

MORE INFORMATION TO COME, SO GET EXCITED!

EXPRESSION OF INTEREST

WOTJOBALUK & WIMMERA MOB

**VACSAL STATEWIDE
JUNIOR FOOTBALL & NETBALL
CARNIVAL**

**24TH & 25TH SEPTEMBER
SHEPPARTON**

**WE ARE LOOKING TO ENTER THE
FOLLOWING TEAMS UNDER
WOTJOBALUK**

AGE DIVISIONS

**9 & UNDER FOOTBALL AND NETBALL
12 & UNDER FOOTBALL AND NETBALL
15 & UNDER FOOTBALL AND NETBALL
17 & UNDER FOOTBALL AND NETBALL**

Supported Accommodation will be offered/ provided
to players & parents/ guardians. .

Please complete either of the links below if your child is interested in
representing the Wotjobaluk/ Wimmera Community at the VACSAL
Carnival.

<https://www.surveymonkey.com/r/BWLYGFK>



Family Services Programs at GGAC



Please contact
Samantha Darcy

samantha.darcy@goolumgoolum.org.au

**Family Violence and Respite Trial Programs
Confirmation of Aboriginality AFLDM/NJERNA Gap Gap Dyirr,
and Cultural Support Plans**



Please contact
Monique Emmett

monique.emmett@goolumgoolum.org.au

Kinship Care, First Supports and Play Therapy



Please contact
Rhianna Peachey

rhianna.peachey@goolumgoolum.org.au

Tuning Into kids, Tuning Into Teens and Carer Network Group



Please contact
Sharna Cockerall

sharna.cockerall@goolumgoolum.org.au

**Integrated Family Services, Family Preservation & Reunification
Response (FPRR) program and parenting program.**

**Alternatively, you are welcome to call the
GGAC Family Services team**

 **(03) 5381 6333**

Artwork by Jasmine Harrison

Aboriginal Community Respite Care Program



Movie Mate Respite Roomie Bowling Bestie Brunch Buddy

WE WANT YOU!

Whether it's for a few hours, a weekend,
a day trip to the Zoo, or for an
awesome Goolum Goolum event-you could be
providing a golden opportunity to a
young person needing a break, or even
just a bit of fun for you both!

Goolum Goolum wants to extend an
invitation to our mob to be part of our
new carers respite pool!

Carers are paid for their time and care,
per child, per night.

Our new program will provide
respite for community, by community!

If this is something you are interested in
or want to know more about-please
contact Monique Emmett

Exploring
Sleepovers

Camping
Cooking

Fishing
Kids Capers

Culture Convo's
Sport

Art
On Country

**For more information,
any questions or
queries please contact**

Monique Emmett ☎ **0447 586 381**
monique.emmett@goolumgoolum.org.au

www.goolumgoolum.org.au 📍 43 Hamilton Street,
Horsham, Victoria 3400



Please contact
Medical Reception Clinic
5381 6301

Speech Pathology **Mary Jean [MJ]**

Every Thursday alternates between Horsham and Stawell

Days: Thursday 14th August
Thursday 28th August
10:30 am - 3:30 pm

Place: Horsham

Days: Thursday 7th August
Thursday 21st August
10:30 am - 3:30 pm
Place: Stawell



Please contact
Medical Reception Clinic
5381 6301

Diabetes Educator **Lesley Robinson**

Every 2nd Wednesday

Days: Tuesday 5th August and Tuesday 19th August 10:30 am - 3:30 pm

Place: Horsham



Please contact
Medical Reception Clinic
5381 6301

Clinic Doctor **Dr Garry Matthews**

Days: Monday 9:00 am - 5:00 pm

Thursday: 9:00 am - 5:00 pm

Place: Horsham



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Medical Reception Clinic
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Clinic Doctor **Dr David Hunchak**

Days: Tuesday: 9:00 am - 5:00 pm

Wednesday: 9:00 am - 5:00 pm

Friday: 9:00 am - 5:00 pm

Place: Horsham



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Medical Reception Clinic
5381 6301

Clinic Doctor (Off site) **Dr Emily Wilson**

Days: Thursday 9:00 am - 5:00 pm

Telehealth and phone calls only



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Medical Reception Clinic
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Podiatry (Monthly) **Andrew Nashed**

Days: Tuesday 12th August 2025 10:00 am - 4:00 pm

Place: Horsham



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Medical Reception Clinic
5381 6301

Maternal Child Health Nurses

Days: Thursdays
Nurses: Jenny Bull
-Eliza Miller- Amy Beddison
Place: Horsham

Days: Wednesdays
Nurses: Jenny Bull
-Eliza Miller- Amy Beddison
Place: Stawell



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Medical Reception Clinic
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Women's Health Nurse **Selina Pilgrim**

Days: Mondays and Wednesdays 9:00 am - 12:00 pm
Place: Horsham



Please contact
Medical Reception Clinic
5381 6301

Aboriginal Health Workers **Louise King/Carol Kennedy**

Days: Monday-Friday 9:00 am - 5:00 pm
Place: Horsham



Please contact
Medical Reception Clinic
5381 6301

Clinical Nurses **Brian Harrison/Selina Pilgrim/Tracey Wood**

Days: Monday-Friday 9:00 am - 5:00 pm
Place: Horsham



Breastfeeding: Good for Baby, Good for Mum

Department of Health

Breastfeeding: good for Baby, good for Mum



Growing Strong Feeding you and your baby

Great state. Great opportunity.



Benefits of Breastfeeding:

Breastfeeding is more than just feeding, it's a powerful way to bond, nurture, and protect your baby. It's a special time filled with closeness and connection that also brings important health and financial benefits for both Mum and Baby.

Here are just a few of the many benefits of breastfeeding:

Breastfeeding is a special time for Mum and Baby. It strengthens your bond and gives Baby comfort, warmth and love.

Breastmilk is cheap and is always ready for Baby, No need to prepare bottles or spend money. It's the perfect food at the perfect temperature, anytime and anywhere.

Breastmilk helps to protect Baby from illnesses. It boosts your baby's immune system and helps prevent ear infections, chest infections and asthma.

Breastfeeding helps Baby and Mum stay well. That means less time and money spent on medicines, and less worry about getting sick.

Every feed makes a difference. Breastfeeding is a natural gift that lasts a lifetime.

*Your milk will flow
better when you are
relaxed and comfortable*



A recent report in The Age highlighted that there has been a 44% increase in cervical cancer rates among Australian women aged 30–39. This is a powerful reminder of why culturally safe conversations and access to health information are so important in our communities.



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

The Cervical Screening Test

It's important to have regular Cervical Screening Tests to live long and strong – for yourself, your family, and your community.

What is the Cervical Screening Test?




Cervical screening is a simple test that can help you stay healthy.

It checks for a very common virus called 'human papillomavirus' - known as HPV.

HPV lead to cervical cancer if it stays in your body for a long time.



Who should have a Cervical Screening Test?

You should have a test every five years if you

-  are a woman or person with a cervix
-  are aged 25 to 74, and
-  have ever had any type of sexual contact




How do I have a Cervical Screening Test?

There are two choices for how you can have your Cervical Screening Test:

-  **collect your own sample from your vagina using a simple swab (self-collection)**
Your healthcare provider (a doctor, nurse or healthcare worker) will explain how you take the test, provide a private area and be close by to help if you need it. If HPV is found you will need to come back to have a sample collected by your doctor or nurse.
-  **have a doctor or nurse collect your sample**
They will collect a sample from your cervix using a speculum.

Talk to your healthcare provider about the right choice for you. They can talk to you about the process and answer any questions you may have.

If you need more information:

-  talk to your doctor, nurse or health worker
-  visit www.health.gov.au/NCSP
-  call 1800 627 701.



health.gov.au/ncsp



Artwork elements created by Gilingbaa artist, Rachael Sarra, Goreng Goreng

1800 my options

For information about contraception,
pregnancy options and sexual health.



Medical Reception Clinic
Selina Pilgrim

If you'd like to have a health-related
question, please reach out and book
an appointment with me:

Selina Pilgrim
Mondays and Wednesdays
9:00 am – 12:00 pm
5381 6301

We're here to support you — always.



1800 696 784

Monday - Friday, 9am - 5pm
NRS: 1800 555 660 / Interpreter: 13 14 50



1800myoptions.org.au

Confidential **Free**

Non-judgemental

Pro-choice



1800 My Options is a service of Women's Health Victoria, supported by the Victorian Government.



**DON'T
BE CHEEKY,
COVER
YOUR PIPI!**



**Free condoms are available at both reception areas and in the
Womens Health Room.**

**STIs don't discriminate – safe sex is yours and everyone's
responsibility.**

**Condoms protect you, your partners and your Community
against STIs and unplanned pregnancies.**

**Most STI are preventable, easy to test for and are treatable.
But without early diagnosis and appropriate and timely
treatment, STI can lead to acute and chronic health
consequences.**

**Also remind them to have their yearly STI check and to book
an appointment with the clinic to discuss further.**

Dear Goolum Goolum Community
Our Newsletter will be switching from
a printed version newsletter by post to an online version!



Scan the QR Code
to Subscribe to our online Newsletter



GOOLUM GOOLUM WEB SITE NEWS

We've updated our website to make it easier for our community to stay in the loop!
Just head to www.goolumgoolum.org.au, go to the top menu and click
"What's Happening" to see all our upcoming events.

What's Happening

Get involved and help us make a difference!





**CLOSE
THE GAP**



**BUILDING
OUR FUTURE**



**FOCUS
ON FAMILIES**



**STRONG
VOICES**



Strategic Plan
2022-2026

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.

www.goolumgoolum.org.au



[goolumgoolumaboriginalco.op](https://www.goolumgoolumaboriginalco.op)



reception@goolumgoolum.org.au



43 Hamilton St, Horsham VIC 3400



(03) 5381 6333