





GET OFF YA MOOM!





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





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 September edition of our newsletter

Spring is here and our newsletter is full of news about our mob staying fit and healthy through all sorts of activities. A special mention to our super runner Mason and to all the young ones who are participating in the **Basketball academy and Barneys Auskick** crew - great job everyone!!

With the weather slowly warming it is a great time to get outside and stay active. We have lots of fun events and activities coming up and as always, the more who attend the more fun we have.

For all of the community your beautiful new community Hub is open, and we encourage all to drop in have a cuppa and start making it home. The Hub crew will look after you and over time we will organise drop ins and events for all ages.

Our Health team have lots of great messages in this month's newsletter and as we know feeling good about ourselves has a lot to do with feeling healthy - we have a fabulous health service, and I encourage everyone to take advantage of the services available.

Good luck to any of the mob who are involved in sporting finals and for those who still have a team in the AFL finals - dare I say Go Pies!!

All the best







MEDIA RELEASE 1 September 2025

The Aboriginal Justice Caucus Calls on Victoria Police to Investigate the Violent Neo-Nazi Attack on Camp Sovereignty as a Hate Crime

We demand immediate action. There must be real consequences.

The Aboriginal Justice Caucus (AJC) is outraged by the violent attack on Camp Sovereignty by neo-Nazis on Sunday, 31 August 2025.

This was no random act of violence. This was a calculated and coordinated attack by a far-right extremist neo-Nazi group. People were assaulted. Aboriginal people, particularly women, were specifically targeted. A sacred fire was attempted to be destroyed, and our flag was torn down, trampled, and disrespected.

This was a hate crime.

Camp Sovereignty is a peaceful place for the community to gather, yarn, and reflect. It stands on the site of the resting place for the repatriated remains of 38 Aboriginal community members.

To attack it - is to attack the very existence of our communities.

The AJC demands immediate action. We demand a full investigation, and those responsible must be held accountable. This was racially motivated violence, and it must be treated as a hate crime. No more excuses. There must be real consequences.

Far-right extremism is growing, and it's putting our communities at risk. Aboriginal people deserve to be safe on our land. We condemn this attack in the strongest possible terms.

We stand firmly with the Camp Sovereignty community, our community, and everyone affected by this attack.

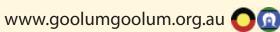
Always was, always will be Aboriginal land.

Aboriginal Justice Caucus Co-Chairs

M. Hauser

Marion Hansen

Christopher Harriosn







Wimmera Community Yarning Circle with Grampians RAJAC

This is your opportunity to come yarn with the Grampians RAJAC about the issues the community are facing within the Wimmera Community.

The Grampians RAJAC is made up of government representatives and leaders from the Victorian Aboriginal Community.

WHEN: Friday 12th of September 2025 11.20 am – 12.50 pm (followed by lunch) WHERE: Goolum Goolum Aboriginal Co-Operative 36 Hamilton Street Horsham, Victoria 3400

For more information, please contact:
Adina King | Executive Officer
Regional Aboriginal Justice Advisory Committee (RAJAC)
Mobile: 0429 205 436 | Email: Adina.King@justice.vic.gov.au



PathwaysEx

The 2025 Pathways Expo gave young people the chance to connect with Universities, TAFEs, Trades, and industry professionals to explore post-school options. Nearly 50 sites, the biggest year yet, welcomed students from 10 schools, with strong engagement from both students and families. Feedback was very positive, especially around the hands-on trade activities. Students expressed a strong interest in seeing more Emergency Services, Police, Army, and Navy next year. Overall, the message was clear: "we want to see more," setting the stage for an even bigger 2026.





Pathways Expo





Academy Basketba

OOLUM GOOLU

Academy Highlights:

Over the past few weeks, our athletes have taken huge strides-transitioning from isolated drills to real-time decision-making and competitive game play.





In Week 4, we focused on sharpening hand-eye coordination, situational awareness, and ball control under pressure. Tennis ball drills, dribble decision-making, and small-sided games helped athletes apply their fundamentals in more dynamic settings



Week 5, the intensity increased with structured game play scenarios. Players were grouped by skill level, allowing tailored development in areas like spacing, ball movement, and on-court communication. **Conditioning was built into** game play, challenging athletes to sustain effort and stay mentally sharp.



Week 6, the focus shifted to precision and poise. Athletes refined techniques for creating space off the dribble, locking in on targets early, and executing advanced passing drills under pressure. Real-time coach feedback helped reinforce smart habits and elevate game IQ. Week 7 brought high-level competition, with experienced players diving into 3-on-3 tactical concepts while younger athletes developed confidence and control through 1-on-1 drills.



From Rankin to the National Stage

"Mason Kennedy is a 9 year old Horsham runner who discovered his love for running at a Goolum Goolum event and now represents Team Vic at the School Sport Australia Championships. With the support of his family, carers, and school, Mason says running makes him happy, keeps him healthy, and is something he hopes other kids will try and enjoy too."

Can you tell me your name and how old you are?

Mason Kennedy 9, nearly 10 years old.

What school do you go to, and what year are you in?

Horsham Special School, grade 3.

How did you feel when you found out you were going to the State Cross **Country Championships?**

I felt excited about it.

What do you enjoy most about running?

I enjoy running so stay fit and healthy, because is fun.

How did you get ready or train for the big race?

I did lots of running with my carer Mark along Wimmera River.

What was the race like on the day? Was it fun, hard, exciting...?

It was fun and I liked all the cheering. The running was very easy. I 'm exited to represent for Team Vic, I had never been to Queensland before and it will be a great experience.

Did you see or meet any other kids from different schools?

I ran against kids from other schools, but I didn't know them.

What did you feel when you crossed the finish line?

I made it fast at the end as I was nearly there, I was puffed but was very happy.

Did anyone come to cheer you on? How did that feel?

Dad, Mum, Uncle Justin. Stumpy. Trevor, Shakira cheered me on. It made me happy that they cheered for me.

What would you say to other kids who want to try cross country?

I would tell other kids come on give it and try because I think that they would like it and find it fun.

Would you like to do more races in the future? Why?

I would like to do more running in the future, because it is my life and I really like it.











Noradjuha Quantong Auskick Program

Auskick Fun with Barney Harrison! Barney Harrison has been doing a deadly job running the Noradjuha Quantong Auskick Program, helping our young aspiring footballers develop their skills, build confidence, and most importantly, have fun!

It's been great to see the kids getting out on the field, learning the game, and kicking goals together. Big thanks to Barney for sharing his passion for footy with the next generation!

What do you like most about Coach Barney? He is the best!

> Do you have fun when you come to the Auskick program?

> > yes!

How does Coach Barney help you when you're learning to play football? kicking very big!

Have you made any new friends here?

What is your favourite thing to do during the training? everything

What's the best part about playing football with your friends?

kicking goals

Can you tell me something funny or fun that happened at Auskick?

getting slushies Thank you Spencer Smart for share it!



How did it feel to coach the Auskick program here with Goolum Goolum?

I absolutely enjoy my time doing this, It was great to get the indigenous kids involved in physical activity, while learning the game of AFL Football.

What was the highlight of the program for you?

I think the Auskick at half time was a wonderful thing this year, I got to watch Arlo and Jimmy run around on the MCG at the Dream Time at the G match, such a proud moment and one I will remember for ever.

How did the kids respond to the training sessions?

All I will say is kids will be kids, The first few weeks I had to build a good connection with all kids to be able to get the best out of the session, we did a mixture of fun games and skills that they would then use in a game situation. I found they were very responsive to the activities and the connection and friendships they make during the program was amazing to see.





Noradjuha:Quantong Auskick Program

Did you see any big improvements or special moments with the kids?

Every week I could see improvement in the kid's football ability, it's all about routine and repetition that makes them improve and I tried to keep it simple and fun, so they all come back the next week.

What message would you like to give the kids who took part?

Take these opportunities as they come, patience is key, it takes time to learn new skills like anything we do in life. As we grow, we learn and learn and who knows one day you could be the next Adam Goodes playing in the AFL or the AFLW with a strong community supporting you the whole way.

How important do you think programs like this are for the community?

It's very important to get kids involved in these programs, it promotes physical activity and social connections, Its gets kids away from TVs, Games ands screen to do something that hopefully they can use in the future.

How did the kids connect with each other during the program?

The kids we had from the community that participated in this program all formed a really close bond, from the drive out, to the program sessions and the drive home. It was great to see their smiling faces as they all got to hang out together and learn a new skill.

What kind of skills or confidence do you think they gained?

Connection and teamwork were the main things I wanted to see from the kids, their overall skill level will come in time as the years go one, you will not learn everything in 10 weeks, but that connection and wanting to work as a team to achieve an outcome is the building steps of a great athlete in team sports.

Were there any standout moments of fun or teamwork?

Again, every kid has a certain strength, which I hope to help them take advantage of during the sessions, this builds confidence and makes them learn better and want to learn more.

Do you think some of the kids might keep playing footy after this?

Yes, I believe and hope so, Football is a very enjoyable but emotional game, The kid's brains are sponges and I hope they allow me to continue to work with them in the future. I know for one Arlo is football through and through, He has really taken the opportunity to learn the game which gives him so much confidence playing, I know he is my son but Arlo has so much potential to be whatever he wants to be, I want to continue supporting and developing his game along with the other kids to be the best they can be.









This October is 'Get off ya Moom! Month. This will be your opportunity to get up and moving! We'll have challenges for you to get involved with.

Heaps of prizes. You'll be able to register in September to receive your GoyM! Pack (full of goodies). On the 23rd October, we will be holding a GoyM! (Walk, Run, Ride) event at Maydale Pavilion in Horsham. They'll be challenges, stalls, giveaways and medals!!!

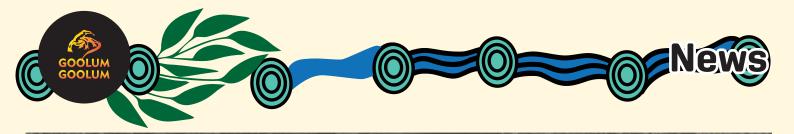
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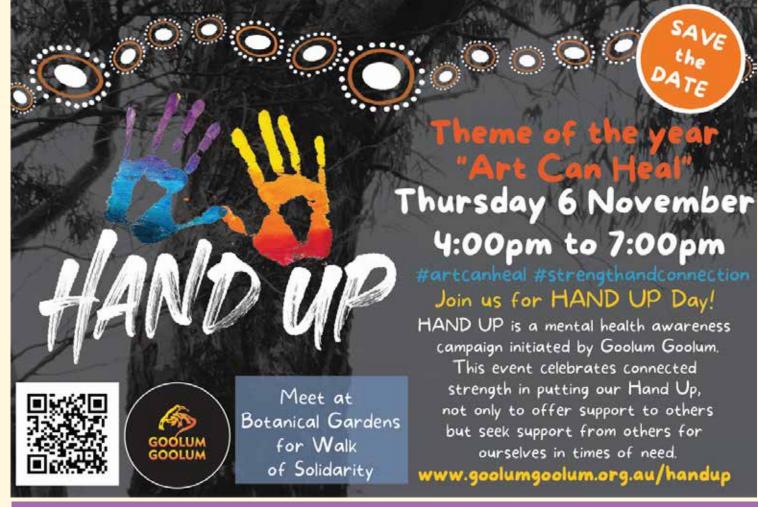
Make sure you register to receive your GoyM! pack
by using the QRcode or visit the
'What's Happening' page on our website goolumgoolum.org.au



Make sure you register to receive your GoyM! pack by using the ORcode.

For more information: Christine.Schirmer@goolumgoolum.org.au or call 0417511890





CHUNKY MOVES & GOOLUM GOOLUM PRESENT THE 2025 FIRST PEOPLE YOUTH DANCE WORKSHOPS:

Chunky Move in partnership with Goolum Goolum, is back in Horsham for 2025's final series of the First Peoples Youth Dance Workshop. The September/October spring school holiday workshops are hosted by Chunky Move's Ngioka Bunda-Heath (Wakka Wakka, Ngugi, Birrpai). Youth participants (aged primary to high school) are invited to join in movement workshops and learn dance routines that will be performed on Thursday 2 October for families from the community.

The program is free, with healthy morning tea and lunch provided each day.

Wednesday 1 October 2025 Thursday 2 October 2025 Thursday 2 October 2025 10am Rehearsal 10am - 2pm Horsham Town Hall, 71 Pynsent St, Horsham

12:30pm - 1pm dance showcase & participation certificate 1pm - 2pm BBQ lunch

For more information, please contact Kym Bateson at kym.bateson@goolumgoolum.org.au and 0447 846 250 or Ngioka Bunda-Heath at ngioka@chunkymove.com.au





HOOPS AGAINST VIOLENCE



SAVE THE DATE!!!

WHERE: BALLARAT HIGH SCHOOL

WHEN: 22ND - 23RD SEPTEMBER

TIME: 10:00AM - 2:00PM



Horsham Contact - Robyn robyn.lauricella@police.vic.gov.au













GOOLUM GOOLUM

ABORIGINAL AND
TORRES STRAIT ISLANDERS
COMMUNITY

SUP PROGRAMS

What: Learn to be safe on the river while having fun. You'll go Stand Up Paddle Boarding, Learn about the river and rescue techniques.

Where & When

Sawyer Park - Horsham

Tuesday 28th October - 4:30pm - 6:30pm

Lake Fyans, Angling Club - Stawell

Tuesday 11th November - 4:30pm - 6:30pm

Dimboola Rowing Club - Dimboola

Tuesday 25th November - 4:30pm - 6:30pm

All equipment provided, + snacks.

Please bring bathers and a towel

To register contact Kym Bateson

Kym.Bateson@goolumgoolum.org.au

0447 846 250













Meet and Greet Under 12s Cricket

Do you have a child that has thought about playing cricket? Colts Cricket Club is holding a meet and greet for kids aged 6-12 and their parents to come along and meet the members that will be helping run the under 12s team this season at Colts. Information about games and training will be provided.

Please come and join us for a BBQ lunch and chat.

Date: Sunday 28th September 2025

Time: 12.30pm

Location: Dudley Cornell Park

If you need more information, please don't hesitate to call Jay on 0408530401







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





Please contact Medical Reception Clinic 5381 6301

Speech Pathology Mary Jean (MJ)

Every Thursday alternates between Horsham and Stawell

Days: Thursday 11th September Thursday 25th September 10:30 am - 3:30 pm

Place: Horsham

Days: Thursday 4th September Thursday 18th September 10:30 am - 3:30 pm

Place: Stawell



Please contact **Medical Reception Clinic** 5381 6301

Diabetes Educator Lesley Robinson Every 2nd Wednesday

Days: Tuesday 2nd September, Tuesday 16th September and Tuesday 30th September 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



Please contact Medical Reception Clinic

5381 6301

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



Please contact **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



Please contact **Medical Reception Clinic**

5381 6301

Podiatry (Monthly) Andrew Nashed

Days: Tuesday 9th September 2025 10:00 am - 4:00 pm

Place: Horsham







Please contact **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



Please contact Medical Reception Clinic 5381 6301

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



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.







PREGNANCY AND GROS DON'T MIX.

When you are pregnant, people around you are still going to drink grop. If it's really hard to stop, you can still yarn up and let people know. Yarn with Elders or community leaders, and your health workers. They can help you.

September is Fetal Alcohol Spectrum Disorder (FASD) awareness month. It's a time dedicated to increasing awareness of FASD and highlighting the importance of prevention and early support.

FASD is a lifelong neurodevelopmental disability caused by drinking alcohol when pregnant. With greater awareness and culturally safe support, FASD can be prevented and individuals living with FASD can be better understood and supported.

Fetal Alcohol Spectrum Disorder (FASD) Happens when bub is affected by grog before they are born.

It lasts their whole life and might see them mot grow up like others, not understand what you say a times or learn like other kids. It is a disability and is often invisible and needs tests to see if they have it so we can get support for you and them.

PHYSICAL move

Sometimes little ones with FASD may be upset by loud noises, sudden movement and and angry voices. They might find it hard so settle or go to sleep. As bub grows, It might be hard to run around like other kids.



Mob with FASD can get help from the local clinic.

Have a yarn with your health worker.

LEARNING

It could be harder for a kid with FASD to think or remember things, so they need people to be patient with them.

They might find it hard to follow rules, make good choices, and can end up in trouble



Mob with FASD need everyone to be patient with them and not get angry if they playing up

SOCIAL AND EMOTIONAL

Sometimes mob with FASD feel overwhelmed and need extra support and may have mixed up feelings. They might be playing up at school and may end up in trouble. They can feel down and sad, worried all the time or find it hard to yarn with others.

Mob FASD need you to be calm, listen and take time with them so they feel heard and understood

SPIRITUAL

Some mob with FASD feel alone They might find it hard to connect to mob and culture



Mob with FASD might like you to take time to be with them during gatherings and ceremony and explain what is happening so they can take part.

NOT TRUE

- I can have drinks during pregnancy and bub will be fine.
- If I drink while I'm pregnant my bub will have FASD
- I can start drinking up when bub is born.
- Getting together is important and some mob might growl at me if I don't do what they do.
- All kids who muck up have FASD

TRUTH

- No alcohol during pregnancy is best for bub and mum. It weakens your baby's mind, body and spirit. It can be different for each pregnancy.
- Not all babies will get FASD, but they might if you charge up. Bub could also come too early or even pass. Not drinking is the safest way for you and bub.
- If breastfeeding bub, they can get charged up too and get really crook.
- We all love our babies and want them to grow up strong and be healthy. You can stand up for bub.
- Not all kids who muck up have FASD. It's a disability and needs proper





Medical Clinic







Menopause -'the change'

Most women reach menopause between the ages of 45 and 55.

In Australia, the average age for women to reach menopause is 51 to 52.

Symptoms of menopause

- Have hot flushes, night sweats, a dry vagina, headaches, body aches or trouble sleeping
- Have trouble remembering things
- Feel tired, grumpy, worried or unhappy
- Gain weight, especially around your belly.





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 53816301 We're here to support you, always.

What to do

To stay healthy and feel better:

- *Eat healthy foods and drink lots of water
- *Be active every day
- *Avoid alcohol and try not to smoke
- *Get enough sleep to feel rested
- *Spend time with your family and friends.

To stay cool:

- *Use fans and air-conditioning
- *Wear layers of clothing that you can take off when you're hot
- *Have cold drinks.

What to do

If menopause is bothering you or you're worried about your health, talk to a doctor, nurse or Aboriginal Health Worker. There are different treatments and medicines to help you feel better.

After menopause

- *Your health changes after menopause. For example, you have a higher risk of: Heart disease (heart attack, strokel
- *Osteoporosis (weak bones)
- *Type 2 diabetes (too much sugar in your blood).

It's even more important to look after yourself after menopause.

Remember

- *Menopause is a natural stage of life.
- *If it's hard for you to deal with menopause, talk to your doctor, nurse or Aboriginal Health Worker.
- *It's important to stay healthy during and after menopause.





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.



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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. ee our contact details below.

ww.goolumgoolum.org.au 🔘 🙍









3 Hamilton St, Horsham VIC 3400 (03) 5381 6333

