



NJERNDABORIGINAL CORPORATION
OCTOBER 2025

NJERNDAB NEWS

ALSO INSIDE

BAROONA PROGRESS - PAGE 2

HEALTH FOCUS - PAGE 6

POLICE PARTNERS - PAGE 7



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Aboriginal Corporation

WARMA KIDS DO US PROUD AT CARNIVAL

Over a two-day carnival during the school holidays at Shepparton, 130 Warma kids proudly represented our community across five netball teams and four football teams.

It was a weekend of incredible sport, culture and connection. Standout Achievements included our Under 9 footballers making a grand final, while our Under 17 footballers and netballers both played finals.

We are so thankful to all our players, coaches, team managers and supporters, who all contributed to making it a carnival to remember as our young people represented our community in great style.

• Continued on PAGE 4.

CONCEPT DESIGNS FOR BAROONA PROJECT

Njernda Aboriginal Corporation is proud to share the latest update on the Baroona Youth Healing Place redevelopment on Yorta Yorta Country.

This important project continues to move forward, guided by the voices of our Elders and community members who have shaped its vision from the very beginning.



Baroona has always held a special place in our hearts, a place of healing, learning and belonging. Through recent engagement sessions, our Elders shared that Baroona must continue to feel like a home: a warm, familiar space where young people feel safe, supported and connected to Country. They told us that healing starts with culture, care and community and that the way Baroona is designed should reflect that.

The new concept design builds on these values. It blends Australian homeliness with contemporary Aboriginal youth culture, creating a space that feels both grounded in tradition and alive with youthful energy. The design includes a welcoming “Baroona Home” that will provide accommodation and support for young people, along with spaces for counselling, learning, reflection and community connection. The outdoor areas will feature native landscaping, open gathering spaces and quiet areas for yarning or spending time on Country. Inside, the spaces will feel bright, positive and modern – a reflection of the strength and spirit of our youth.

The project has evolved since earlier plans to ensure it truly meets the needs of our young people. The updated location allows for future growth and better access, while the use of modular and new-built spaces will help create a homelike environment that can adapt over time. The design also includes a strong focus on caring for the environment, with materials and landscaping that respect and reflect Country.

Baroona’s redevelopment is about more than new buildings, it’s about continuing a legacy of care and self-determination. It’s about giving our young people a place to belong, to reconnect, and to find pride in who they are. Once complete, the new Baroona will stand as a place of hope and opportunity, a home built by community, for community. Njernda will continue to keep everyone updated through newsletters and social media as the project progresses. Your voices and stories continue to guide this journey, and we thank everyone who has contributed to shaping Baroona’s future.



SKILLS FOR KIDS TO GROW THEIR CAREERS

It has been fantastic to see so many of our young people working over recent months to grow their skills and start their career journeys.

Our young Koori mob have been completing short courses in:

- Barista training
- First Aid
- Responsible Service of Alcohol (RSA)
- Food Handlers Certificate
- White Card (construction)

Each qualification is a stepping stone – opening up opportunities in hospitality, retail, construction, community services, and events. But even more important are the personal skills they've built along the way: teamwork, confidence, and belief in what they can achieve.

A huge thank you to Mario Letizia (Marz) at Letizia's Training for delivering the training in such an engaging, supportive, and practical way. And a big congratulations to our kids for showing up, supporting one another, and proving what's possible when you commit to your goals. These are more than just certificates – they are tools for brighter futures.

SCHOOL HOLIDAY PROGRAM WRAP AND PICTURE

Over the recent school holidays, families enjoyed a range of fun and engaging activities as part of our Holiday Program.

Our Family Cultural Day at Barmah Lakes was a highlight, with the kids going fishing and taking part in the Kingfisher Cruise Tour to learn about the local environment and culture.

Special thanks to Uncle Ralph and Gracie for leading the tour!



WARMA KIDS SHINE AT VACSAL CARNIVAL

- From PAGE 1

Thank you to all our fantastic coaches and team managers, including Noelly and Clint Atkinson, Georgia Atkinson, Rowen Priest, Luke Egan, Earl Handy, Warren Stevens, Stewie Day, Daniel Atkinson, Laura Hudson, Wytasie Walker, Nadine Wright, Sienna Phillips, Vanessa Handy, Kaiella Bulled and Kotika Bulled.

Thank you to all the parents, family members and community volunteers who cheered, assisted and encouraged our teams throughout the carnival. Your support ensures our Warma kids continue to thrive, develop their skills, and feel proud representing Echuca-Moama.

While we may not have taken home every trophy, the carnival was a true celebration of culture, sport, and community. Warma is proud of every single player, coach, manager, and volunteer who made this possible.



NJERND A ON SHOW AT YOUTH FEST



Njernda Youth and Wellbeing staff were invited to hold a stall at the 2025 Youth Fest, which was held recently at the Echuca Basketball Stadium.

It was a fun and engaging event designed to showcase what our region's community services have to offer young people. It's a space where students can discover local programs, services and opportunities available to them, while enjoying hands-on activities, games and the chance to win prizes.

With over 40 stallholders and more than 1,600 students attending, it was a great opportunity for young people to see what Njernda has to offer. And congratulations to Violet for winning of the lollies in the jar competition!



WELCOME TO COUNTRY FOR OUR NEWEST RESIDENTS

We recently held a Welcome to Country ceremony, celebrating the arrival of our newest burrais!

These are always special occasions for everyone involved, especially the families who have welcomed new children.

Thank you to everyone for taking part in this introduction to our community.



GROUNDING AND WELLNESS IN FOCUS

During the first week of October we held our Grounding and Wellness Event to kick start Mental Health Month.

We had 17 participants attend this event down at the Aquatic Reserve. This event consisted of teaching community coping skills and mindfulness meditation.

Coming together in a safe space, to promote emotional regulation, mental clarity and physical awareness. Thanks to everyone involved!



SUPPORT EACH OTHER DURING MENTAL HEALTH MONTH

October is World Mental Health Month – a time to come together, raise awareness and yarn about the importance of looking after our social and emotional wellbeing.

Strong minds and strong spirits keep our families and communities strong. Let's check in with one another, share a smile and remind our mob that it's always okay to reach out for support.

A great resource if you need support is 13YARN, which provides mental health crisis support for Aboriginal & Torres Strait Islander mob. Call on 13 92 76 if you're feeling worried or no good.





Leading Senior Constable Shane Roberts and Njernda Youth Services team member Warren Stevens with one of the new helmets. Photo: Supplied.

POLICE PARTNERING TO PUSH PROTECTION

In collaboration with Njernda Youth Services, Echuca police have launched an initiative aimed at education and relationship-building.

We have donated \$500 worth of helmets to the police, encouraging members to have a chat and lend a hand to bike and scooter riders who may not have access to the important gear.

The initiative promotes positive engagement over fines and infringement notices, particularly with young people who may not be able to afford a helmet or are not fully aware of the safety risks. Both organisations hope to spark productive conversations between community members and local police officers.

“This initiative helps break down stigma by turning police interactions into positive conversations built on trust and respect,” Njernda Yinya Mulana youth worker Warren Stevens said. “When police and youth connect with respect, it creates stronger, safer communities.”

Njernda chief executive John Mitchell said he felt the partnership would help strengthen ties between the community and law enforcement. “This partnership reflects Njernda’s values in action,” he said.



BEST START UP FOR AWARD!

Best Start has been nominated and is a finalist for the 2025 Victorian Early Years Award.

Here is a photo taken at VACSAL recently, with the Aboriginal Best Start sites teams filming for the event in November.

Good luck to everyone involved!

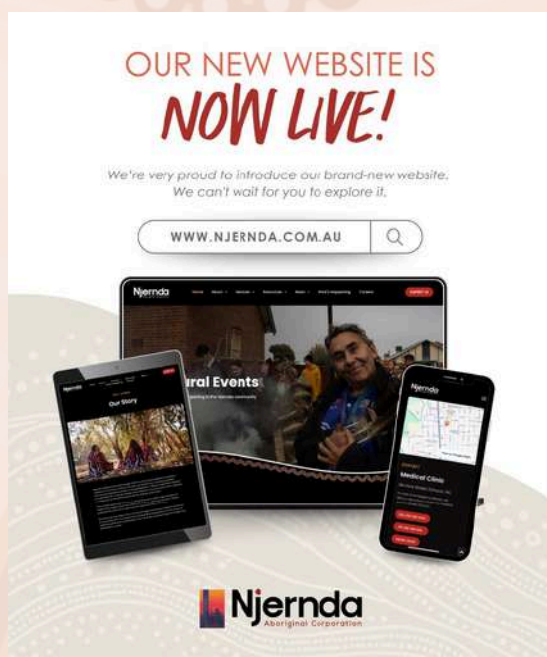
DHUNGLALA PROMOTES KIDS' CONNECTION

During September, we hosted Sissy, Alliyah and Lillee at Njernda Family Services to run their Dhungala Connection Workshop.

Children participated in a yarning circle, produced a group art mural, made headbands and necklaces, and did a dance workshop.

Shout out to Uncle Jade for organising a deadly lunch and snacks. We are looking forward to hosting more cultural workshops in the future to give our children a stronger connection to culture community and country.

"The mural represents the children's version of the river and bush on Yorta Yorta country and the sandpatch on it is a sand maze they created that you can go in to find hidden turtle shells," Sissy says. "The children also included other animals that they learnt about on the day."



NEW WEBSITE READY TO GO

We're proud to announce the launch of Njernda's new website – a fresh, easy-to-navigate platform that celebrates who we are and the services we provide to community.

The new site reflects Njernda's values of Respect, Accountability, Resilience, Advocacy and Cultural Sensitivity, and makes it simpler to find information about our programs, events, and employment opportunities.

We invite you to explore the site, learn more about our work, and stay connected with what's happening across our organisation and community. Visit www.njernda.com.au to take a look around!

CONNECTION TO COUNTRY, CULTURE & COMMUNITY

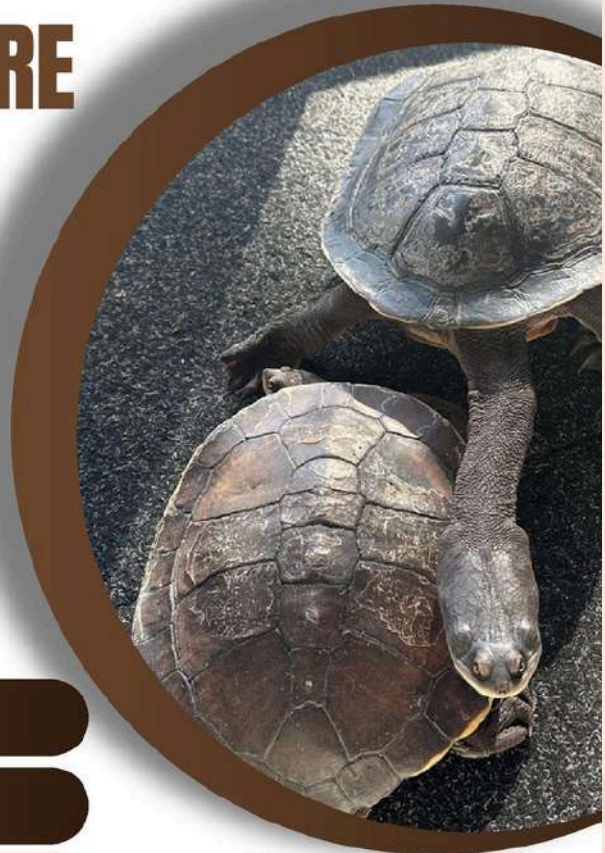
We are calling on community members who would like to support us with keeping our children connected to country, culture and community. If you have a session or a workshop you would like to run please reach out to Leona or Jade contact details below.

- ✓ Aboriginal Art
- ✓ Didgeridoo Playing
- ✓ Possum Skin Burning
- ✓ Cultural Walks
- ✓ Traditional Dance
- ✓ Bush Tucker

CONTACT:



Jade Johnson
Njernda Family Services Senior Cultural
Advisor
0419 844 823
Leona Cooper
Njernda Family Services Practice Leader
0472 779 039



Echuca Moama

HEALTHY AGEING *Festival*



Join us for a vibrant, inclusive day celebrating healthy ageing, community connection and all the wonderful services available to support our local ageing community, their families and carers.

Informative workshop sessions:

- Dementia Australia
- Service Provisions
- Social Justice

Plus a wide range of local aged care service exhibitors.



Thursday 23 October 2025
10am – 3:30pm



Radcliffe's Function Centre
6 Radcliffe Street, Echuca



Tea and coffee available
Light lunch provided

Free Ticket Registration

Register by 20/10/25 to go in the draw to win lucky door prizes.



access at side entrance and parking
available in front of venue.

**REGISTER
NOW**



The importance of

REGULAR 715 HEALTH ASSESSMENTS



Early Detection of Health Issues

Allow for the early detection of potential health problems before they become symptomatic



Promotion of Healthy Lifestyle

Assessments provide an opportunity for healthcare professionals to offer guidance on maintaining a healthy lifestyle



The importance of regular 715 health assessments



Preventive Care

Health check-ups include screenings and assessments that can identify risk factors for various diseases



Call Njernda Medical Centre to make an appointment

03) 5481 0600

Monitoring Chronic Conditions

Monitoring and Management of Chronic Conditions



Deadly Choices

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OCTOBER 2025
PAGE 11

STI SURVIVAL GUIDE

A Sexually Transmitted Infection is a bug that loves to party where it's least wanted.
The good news? They're preventable, treatable, and nothing to be ashamed about.

Meet the Party Crashers 🍷



Chlamydia - Nickname: "The Sneaky One"

Signs: Often no symptoms at all... until things get burny or leaky.

Best prevention: Condoms + regular check-ups.



Gonorrhoea - Nickname: "The Drip"

Signs: Painful wee, discharge, sometimes sore throat or bum.

Best prevention: Condoms + not ignoring weird drips.



Herpes (HSV) - Nickname: "The Blister Buddy"

Signs: Painful blisters or sores, can come back like that friend who won't leave.

Best prevention: Condoms, meds if positive, and honest chats.



Hepatitis (B & C) - Nickname: "The Liver Grinch"

Signs: Sometimes no symptoms, or it can show up as fatigue, tummy pain, nausea, dark wee, or yellow eyes/skin.

Best prevention: Vaccination for Hep B, safe sex (condoms), don't share needles, and regular testing. Hep C has effective treatments now, too.



Trichomoniasis - Nickname: "The Itchy Dancer"

Signs: Often itchy, smelly discharge, soreness, or discomfort while peeing. But many people don't notice a thing.

Best prevention: Condoms, regular testing, and quick treatment with antibiotics if caught.



HIV - Nickname: "The Big One"

Signs: May look like the flu early on, but untreated it attacks your immune system.

Best prevention: Condoms, PrEP, regular testing.



HPV (Human Papillomavirus) - Nickname: "The Wart Artist"

Signs: Sometimes warts, sometimes silent—but linked to cancers.

Best prevention: HPV vaccine + condoms.



Syphilis - Nickname: "The Master of Disguise"

Signs: Starts as a painless sore, can turn nasty if untreated.

Best prevention: Condoms + regular blood tests.

How to Stay Safe (and Sexy)

- Condoms - your superhero cape against most STIs.
- Regular testing - because knowing is better than guessing.
- Vaccinations - HPV & Hep B have safe, effective vaccines.
- Honest chats - sexy is asking, "When's the last time you got tested?"
- Alcohol & choices - drinks wear off, but some infections stick around.

For further information and support contact Njernda Medical Centre to make an appointment.

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0354810600
www.njernda.com.au

Why Thunderstorm Asthma Occurs

- **High Grass Pollen:** The season is characterized by high levels of grass pollen in the air.
- **Specific Thunderstorms:** A specific type of thunderstorm can cause pollen grains to rupture, releasing smaller, lung-penetrating particles.
- **Triggering Symptoms:** These tiny particles can be inhaled deep into the lungs, triggering asthma symptoms in people with asthma or hay fever, even those who have never experienced it before.

Thunderstorm Asthma

How to Prepare During Thunderstorm Asthma Season

- **Monitor Risk Forecasts:** Check the daily Epidemic Thunderstorm Asthma (ETSA) risk forecast issued by health departments during the grass pollen season.
- **Download VicEmergency App:** In Victoria, you can download the VicEmergency app and set up a "watch zone" to receive alerts about the risk of an event.
- **Have an Asthma Action Plan:** Ensure you have a written asthma action plan and know the asthma first aid steps.
- **Use Your Inhaler:** Make sure you have your reliever puffer and know how to use it correctly. Always use a spacer.
- **Stay Indoors During Thunderstorms:** On days with high pollen and a risk of thunderstorms, stay indoors with windows closed.
- **Use Air Conditioning:** If possible, turn your air conditioner to "recirculation" mode.

If you experience worsening asthma symptoms or are unsure of the severity, contact your GP or visit your local Emergency Department

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WE'VE MOVED

**The Youth & Wellbeing Unit
have moved to a new location.**

With a more spacious layout, improved accessibility, and upgraded amenities, we're excited to welcome you in and serve you better.



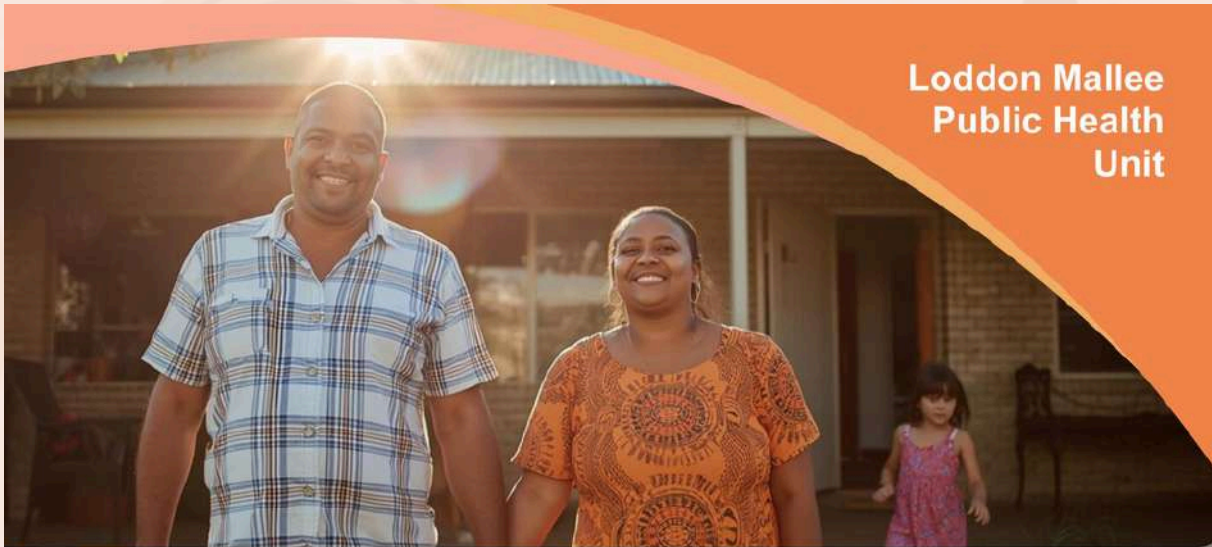
59 McMillan Road, Echuca



For More Information
cycsreception@njernda.com.au

Call Find Us
03 5481 0630





BE COOL, STAY WARM AND REDUCE YOUR ELECTRICITY AND GAS BILLS

The Loddon Mallee Public Health Unit's (LMPHU) free workshop can help you understand your options and reduce your gas and electricity bills, improve the energy efficiency of your home at low or no cost and can improve your health and wellbeing.

Would you like to:

Reduce your gas and electricity bills?

Have a warmer home in winter and a cooler home in summer?

Where: Njernda Family Services

103-107 Hare Street, Echuca

When: October 16th - 2025 at 10:00am - 11.30am

Lunch will be provided

How to register: Call the Family Services Unit on
54 810 620 or e-mail FS-Reception@njernda.com.au

Session funded by the La Trobe University Violet Vines Marshman Centre for Rural Health Research. Delivered in partnership with the Bendigo Health Loddon Mallee Public Health Unit, the Njernda Aboriginal Corporation and EnviroShop.

Please bring along your electricity and gas bills.

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(E) EnviroShop
Energy • Sustainability • Efficiency

BENDIGO HEALTH
LODDON MALLEE
PUBLIC HEALTH UNIT

LATROBE
UNIVERSITY

Violet Vines
Marshman Centre
For Rural Health
Research

**BENDIGO
HEALTH**

📞 For enquiries: 1800 959 400
✉️ LMPHU@bendigohealth.org.au

WORK WITH US HERE AT NJERENDA!

We encourage applications from Aboriginal and Torres Strait Islander community members, but unless stated, our jobs are available to all qualified applicants.

If you're interested in any of our listed jobs, or want to know more about what it's like to work at Njernda, have a yarn with our HR Team.

Get all the details of all our jobs at our website. You can also find our current opportunities by searching for Njernda on Seek.

JOIN THE TEAM HERE AT NJERENDA!

We are hiring for the positions of

- EDUCATOR BERRIMBA (DIPLOMA)
- ACCREDITATION COORDINATOR (PART TIME)
- MAINTENANCE WORKER AGED CARE AND HACC-PYP PROGRAMS
- CASUAL RECEPTIONIST (YOUTH AND WELLBEING)
- CLIENT TRANSPORT OFFICER/MEDICAL RECEPTIONIST



Learn more and apply
by scanning the QR code

Njernda Aboriginal Corporation
(03) 5481 0610
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CONTACT US

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SOCIAL MEDIA

