My Gunyah
Monthly Newsletter

February was a short month but so much has happened! In this issue we are bringing you updates on what's been happening and some resourceful information and tips.

Do you use Social Media? Gunida Gunyah not only keep you up to date with what's been happening in our Newsletter but on Facebook as well. Like us on Facebook!

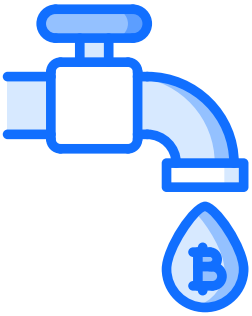
Impact: February 2025

70 FOOD HAMPERS PROVIDED TO PEOPLE IN NEED
1591 PEOPLE ASSISTED WITH SUPPORT

Gunyah Team x

In this newsletter you can expect:

www.ggachub.com.au



Housing Update - Water Bills

All Tenant's are reminded please do NOT pay your water to the Shire Council or at the Post Office with BPAY. Water is to be paid directly to Gunida Gunyah as water accounts are already paid to the Shire by Gunida Gunyah.

You have a few options on how to pay outstanding water account; you can pay extra money on top of your normal rental payment and request it be allocated to water, pay an extra amount weekly referenced to water or you can pay as you receive the notice from us. If you need more information, please give us a call.

Welcome Shannon

Welcome Shannon to the team.

"Hi! I'm Shannon, I had previously worked in OOHC for 6 and a half years in far North Queensland and Tamworth. My last role was OOHC caseworker for Pathfinders in Tamworth."

"I have joined Gunida Gunyah as a Project Officer for the Marraba Family safety project, collaborating with the local Aboriginal community on what services and resources are needed to support people in domestic violence situations as well as how make these services more accessible."

February 13th - the Anniversary of the National Apology

On the anniversary of the National Apology to the Stolen Generations, Gunida Gunyah Aboriginal Corporation honors the resilience and strength of our communities. This day marks a pivotal moment in our history, acknowledging the deep trauma and injustices suffered by Aboriginal and Torres Strait Islander peoples due to past government policies. While we reflect on the progress made, we also recognize the ongoing challenges and commit to continuing our efforts towards healing and reconciliation.

Together, we strive for a future where the dignity and rights of all First Nations people are fully respected and upheld.

Spotlight - GGAC's First Cadet

Welcome Malakai to the team.

Through the NSW Government and the Community Housing Industry Association (CHIA), Gunida Gunyah welcome our first Cadet through the Cadetship Program. Malakai will gain and understand the community housing workplace, work with tenants and applicants and complete a Cert 4 in Housing.

National Sorry Day at Alkira Aged Care Gunnedah

Gunida Gunyah staff were invited to Alkira Aged Care on February 13th 2025 to read a poem to the residents for the Anniversary of the National Apology. Residents were very thankful and enjoyed having staff visit.

Poem;
On the thirteenth of February, a nation paused to hear,
A "Sorry" spoken softly, to quell the long-held fear,
For stolen lives, for families torn, a wound that wouldn't mend,
A day to acknowledge the pain, a chance for hearts to bend.

The echoes of the past, still linger in the air,
The whispers of the children, the loss beyond compare,
From the red earth to the distant sea, a story etched in time,
A promise to remember, to heal, to truly climb.

Each year on this day, we gather, hand in hand,
To honor the Stolen Generations, across this vast land,
To listen to the voices, the stories yet untold,
And strive for reconciliation, a future to behold.

Let the "Sorry" not be empty, but a seed of change to sow,
A commitment to justice, where understanding can grow,
For the children of the past, and the generations to be,
A day of healing, a day of hope, a day to truly see.

This poem captures the essence of the "Sorry Day" anniversary on February 13th, highlighting the importance of acknowledging the pain of the Stolen Generations and the ongoing commitment to reconciliation in Australia.

Safe & Together Training - Tamworth

Staff members Lisa Smith, Cherrie Seton and Sarah Sing completed the Safe & Together training over 4 days in Tamworth in February 2025. (Pictured above with Facilitator Jackie Wruck). Delivered by the Safe and Together Institute and DVNSW.

This training relates to Domestic and Family Violence and is a foundation model of training and a research project, including communities of practice meetings to evaluate the training and its implementation. It relates to the way we are, as practitioners, look at Domestic and Family Violence in a family setting, with the focus on children.

Lisa said “I personally found this training to be extremely informative, Jackie Wruck was a very knowledgeable facilitator who made the training easy to comprehend and understand.”

Birrang - Driver Licence Access Program (DLAP)

Need help getting or regaining a licence?

Birrang Enterprise deliver a driving program at the GGAC Hub a few times a year. We had Reichelle in the office on Thursday 27th February 2025 for Registration Day of the Program.

Over 5 weeks from Tuesday 4th March 2025 Reichelle will be at the Hub 3 days a week (Tuesday's, Wednesday's & Thursday's) to deliver the Program, if you missed out Registration Day feel free to contact Reichelle on 0447 045 063 to find out more information about joining the Program.

Housing Update - Rent Subsidy's

A reminder to those tenants who have not already returned their rent subsidy application form & any income details for all adults in the property, please do so as soon as possible. Failure to return these documents will result in you paying market rent until the documents are returned & processed.

Recruitment

Are you looking for a job?

Apply with us, send your resume into admin@gunidagunyah.com.au

Smiling faces enjoying Friday Cook Up

Stories of Impact

Brett and Shannon recently met up with Aunt Kerry Moran in Armidale. Aunt loves sharing her culture and has been practicing her language, dance, and many cultural practices in the community. Aunt has asked us to share some Anaiwan language with everyone:

Narjarrwinni – Hello
Allurra – Welcome
Nurrin bu – Thank you

Please note: Aboriginal and Torres Strait Islander Peoples should be aware that this post contains images of deceased persons.

Apply for an Active and Creative Kids voucher

Parents, guardians and carers receiving Family Tax Benefit can apply for an Active and Creative Kids voucher for each eligible child.
The $50 voucher is available twice a year to use towards sport, creative and cultural activities.

To find out more information and how to apply, visit https://www.service.nsw.gov.au/transaction/apply-for-an-active-and-creative-kids-voucher

Friday cook up every Friday at the Hub from 12:30pm. Different meal every week. Yarn & mingle with our staff while enjoying a nice meal.

Thankyou for reading!

GUNIDA GUNYAH	02 6742 7038
www.ggachub.com.au	167-169 Conadilly Street, Gunnedah NSW 2380

ADVISORY GROUP POSITIONS VACANT - (PAID)

Gunida Gunyah Aboriginal Corporation is seeking the skills and expertise of local Aboriginal community members to form an Advisory Group to assist in defining the organisation's services and programs. We are looking for community members who can commit to regular meetings from March to August 2025, with a possible extension. Members will be paid $60 per hour for their contributions. Once the advisory group has been established, it will include both community members and service providers.

POSITION DESCRIPTION:

Gunyah Aboriginal Corporation is seeking to form an Advisory Group to help inform Gunida Gunyah's services and programs. They are looking to engage with local Aboriginal people who:

- Are actively engaged in or want to be and committed to the local community
- Have the ability and time to attend regular meetings
- Have a genuine interest in informing Gunida Gunyah's services and programs
- Are keen to share their thoughts and experiences

DUTIES INCLUDE:

- Providing expert input and advice on the development of services and programs
- Offering culturally informed guidance
- Contributing to the creation of documents and processes
- Monitoring the progress of programs and services
- Analysing information, evaluating, and reviewing data and outcomes
- Ensuring programs and services align with local needs
- Group members are expected to attend regular face-to-face meetings between March 2025 and August 2025, with the possibility of extending.

ELIGIBILITY AND OTHER REQUIREMENTS:

- Identify as Aboriginal or Torres Strait Islander
- Reside in the Gunnedah LGA and have place-based knowledge
- Be over the age of 18 at the time of application
- Be an Australian Citizen
- Have an NSW working with children's check or be willing to obtain one
- Undergo and satisfy a National Police Check

HOW TO APPLY:

To apply, you can either submit a letter that outlines your knowledge, experience, skills, and capabilities, along with desirable criteria, or provide a video application that is no longer than 5 minutes. Ensure you attach your current resume/CV, or if you don't have one, provide a summary about yourself, including your interests, skills, etc. Make sure to include your contact details, including your name and email address, and describe your connection to Mob/Country.

Email: admin@gunidagunyah.com.au

Water Saving Tips

Every drop of water is precious. There are small things you can do to make a big difference in water conservation.

Bathroom

- Turn off the tap while brushing your teeth and use a cup for rinsing. A running tap can use about 5 litres of water per minute.
- Use a plug to keep water in the sink for rinsing your razor or washing your face. A small amount of water in the basin rather than running a tap can save litres of water.
- Take shorter showers. Every minute less saves one bucket of water. Try a 4 minute shower timer or choose your favourite 4 minutes song from your playlist.
- Use a bucket to collect water while waiting for the shower to get hot. Use the excess water to shave or water your plants.

Kitchen

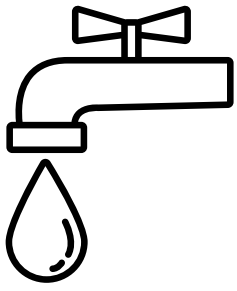
- Wash your vegetables in a bowl or container, and water your plants with what you collect.
- Defrost frozen food in the fridge or microwave, rather then placing it under running water.
- Use a plugged sink or a pan of water when working at the sink to avoid running the tap continuously.
- Use just enough water and keep a lid on it when boiling vegetables. The water will reach boiling point quicker.
- Fill a jug and keep it in the fridge so you don't have to wait for tap water to run cold.
- Catch running water while waiting for it to warm up. Use it to water plants, rinse dishes, or wash fruit and vegetables.

Laundry

- Wait for a full load before running the washing machine.
- Adjust the water level and temperature to suit the size and type of load. Use the economy setting when possible.
- Pre-treat stains to avoid rewashing.
- If you have several loads, use the sud-saver option to reduce the amount of detergent required. Fewer suds means less rinsing.
- If you're hand washing, use less detergent. Fewer suds means less rinsing.
- Hand wash multiple items in a tub or use a sink plug.

Garden

- Water plants early in the morning and late afternoon to reduce evaporation loss.
- Put your finger into the soil and if it is moist below the surface you don't need to water.
- Check the weather forecast. Let rain do your watering.
- Only water the plant root zone to avoid wasting water where plants won't use it.
- Watering at dusk after a hot day may encourage fungal disease.



Upcoming Events

Service Connect Day Gunnedah

Red Chief Local Aboriginal Land Council

26A Chandos Street Gunnedah

Monday 10th March 10am – 1pm

Join us to connect with vital services and support available in your community. Speak directly with essential government and community services, dedicated to supporting you, all in the one place.

Services available to help you on the day are:

NSW Fair Trading
Service NSW
HealthWISE
Gunnedah Family Support
Legal Aid
Homes North
Services Our Way
Go Co
Carers NSW Australia
Gunida Gunyah
Tamworth Aboriginal Medical Service
New England & Western Tenancy Avice & Advocacy Service
Services Australia
Centacare Headspace
Real Futures – Momentum
Vinnies Drug and Alcohol
SORA
Benevolent
Disability Australia
Bamara Parent Pathways

NSW GOVERNMENT

Services Australia Centrelink

A Services Australia Indigenous Service Officer will be providing an information session soon. They will be providing information about:

Get information and access our payments and services
Learn how to use our online services
Connect with other services in your area community organisations near you

Details

Where:
Gunida Gunyah
167-169 Conadilly Street GDH NSW 2380
Reception (02) 6742 7038

When: 10am - 1pm

Friday 14.3.25
Tuesday 25.3.25
Tuesday 8.4.25
Tuesday 22.4.25
Tuesday 6.5.25

Australian Government | Services Australia | For more information about payments and services, go to servicesaustralia.gov.au

Cultural burning project: North West

North West Local Land Services would like to support cultural burning in your community.

We have visited various areas to discuss potential sites to burn. We are seeking sites with box-gum grassy woodland ecosystems (areas with white, grey and yellow box and/or Blakely's red gum trees and native grasses) which will be monitored over the long-term.

We would like to work with Aboriginal communities to discuss where and how you would like to do a cultural burn. We are hoping to support a cultural burn at the Soil Conservation Service property (Gunnedah Resource Centre), at 9127 Kamilaroi Hwy.

We would like to work together with the Aboriginal community, Red Chief LALC, LLS and RFS to **plan the cultural burn**, which we hope to **support the community to implement during May 2025.**

More info: Wally Hammond 0419 611 715
Michelle McKemey 0437 350 597

****New meeting structure for 2025****

SAVE THE DATE

Term 1 Meetings

First Meeting

Date: Thursday 20th February 2025
(Week 4 - DoE school term)

Times:
Schools 4pm-4:30pm

Community & General Members Meeting
4:30pm - 5pm

Second Meeting

Date: Thursday 20th March 2025
(Week 8 - DoE school term)

Times:
Schools 4pm-4:30pm

Community & General Members Meeting
4:30pm - 5pm

Location: Red Chief LALC - hall

NSW GOVERNMENT

GUNNEDAH HOSPITAL REDEVELOPMENT

Aboriginal language EOI

Seeking community members to help develop language translations to be included in the new hospital building.

Meetings to be held on 12 and 19 March 2025. Payment available.

EOI closes 3 March 2025 - scan the QR code or contact Red Chief LALC.