



Ungooroo Aboriginal Corporation acknowledges the traditional owners, the Wanaruah people. We pay our respect to the elders past, present and future for they hold the memories, traditions, culture and hope of Indigenous people in Australia.



UNGOOROO HEALTH & WELLBEING COMMUNITY EXPO

We were thrilled that after a few years of COVID restrictions we could bring community together at this event to come and learn more about Ungooroo and other local services, catch up with some of our favourite NRL players and get a little taste of the flavours of native bush tucker.

NRL ambassadors Braydon Trindall from Cronulla Sharks, James Roberts and Daine Laurie from Wests Tigers and Tyrell Fuimaono from St George Illawarra Dragons attended the event for photos and to meet fans.

There was traditional didgeridoo playing from Richie Lawton and live music from The Last Kinection.

We had stalls to showcase all Ungooroo's programs and services as well as other local providers within the health, allied services, and mental health as well as employment & training, legal, technology and food industries.

- Continued on page 2-3

Photo above: Aunty Denise Hedges, James Roberts, Braydon Trindall, Daine Laurie, Tyrell Fuimaono and Dave Paget.

Ungooroo Health & Wellbeing Community Expo *continued*

There were organisations to help people with employment and training, advice on apprenticeships, traineeships, and mentoring. Legal Aid provided free legal health checks and there was an opportunity for people to try on Virtual Reality headsets and be transported to work on a virtual farm.

Ungooroo provided the community with free health assessments including blood pressure checks, hearing tests and free flu vaccines.

We also had our Mental Health Team and Youth Support Workers on hand to answer questions and help people connect with relevant services and organisations.

We also wanted to share our culture and traditions with the community, so we engaged businesses to teach community about bush medicine and invited them to get involved in our yarning circle and have a go at basket weaving.

The team at Wattaka Café gave everyone a taste of the Aussie bush with native food tastings. Wattaka Café is all about using fresh local produce infused with unique Native Australian flavours like lemon myrtle, Davidson plum, wattle seed, bush tomato and pepper berry.

We want to thank our event partners Aboriginal Health & Medical Research Council, the NRL and Singleton Centre for their support in making the Expo happen this year.

Keep up to date with what's happening at the Expo on our Facebook page!

◀ Jade Bailey our ITC Care Coordinator and Brayden Trindall – Cronulla Sharks, and Jade's son Cade



Schools such as King Street Public supported the event ▶



Joblink Plus ▼



▲ Tresillian

◀ Verto



The expo was supported by our longstanding partners such as Tresillian, Verto, Joblink Plus, Itech Frontier and our own Barranggirra Team.



Aboriginal Health & Medical Research Council of NSW



◀ **Aunty Denise Hedges – Director of Ungooroo providing the Welcome to Country to open the Expo**

Casey Balliana – Ungooroo's NDIS Lifestyle planner ▶



Marli Wright – Ungooroo's Mental Health Worker/ Groups Coordinator ▼



▲ **Shana (AHMRC) and Kooking with a Koori were great supporters of Ungooroo's Health & Wellbeing Expo ▶**



▲ **Aerial view of the expo**



▲ **Itech Frontier**



◀ **Barranggirra Team**

Ungooroo Strategic Planning Workshop

With support of an experienced consultant, the board and management have developed and updated Ungooroo's strategic plan for 2022 – 2024.

Ungooroo Board members providing guidance and cultural input for the strategic plan are:

- Annette Dunstan
- Joanne Vinson
- David Paget
- Denise Hedges
- Allen Paget

Congratulations and a huge thank you to the board for their tireless voluntary contribution to the direction and growth of Ungooroo Aboriginal Corporation.



L-R: Joanne Vinson, Annette Dunstan, Taasha Layer (CEO), Denise Hedges, David Paget and Allen Paget.



2022 EXPRESSION OF INTEREST WUPA@Wanaruah ABORIGINAL ART TRAIL

WUPA 2022

WUPA 2022 is an experience that combines Aboriginal art, food, and education. Wupa@Wanaruah Aboriginal Art Exhibition and Trail is an established art trail that utilises Ungooroo's partnerships to create a trail that highlights the work of local, Hunter based Aboriginal artists. These works of art are then able to be purchased by buyers.

The experience creates an overarching, multi-faceted Aboriginal tourism-based experience around the art, storytelling, language and catering using native Flavours and ingredients that focus on the history of First Nations peoples in the cultural boundaries of the Wanaruah people in the Hunter Valley.

After a few years of COVID restrictions, isolation and virtual exhibitions, we're looking forward to being able to gather together and showcase the artworks in person and provide opportunities for local artists to sell their works and build their economic sustainability. WUPA has created a new Youth category this year and is inviting submissions from younger artists, aged 12-18 years.

WUPA will be launched with an official Opening event in mid-October and you can keep up to date with all the details on the Ungooroo Facebook page.

If you would like to be involved and discuss submitting artwork, please email your name and contact phone number to admin@wupaatwanaruah.com.au or text 0448 233 817.

Ungooroo launches the ITC Program for Community!

Ungooroo Aboriginal Corporation (UAC) is a 100% Aboriginal owned not for profit community organisation based in Singleton that manages the Integrated Team Care (ITC) Program on behalf of the Primary Health Network (PHN).

The objective is to provide a clinical and nonclinical service to support local Aboriginal and Torres Strait Islander people with Chronic health conditions, to improve patients use of health services and promote the importance of improving health outcomes.

The ITC program was preceded by the **Care Coordination and Supplementary Services and Improving Indigenous Access to Mainstream Primary Care** programs. These programs were developed to help Aboriginal and Torres Strait Islander people with chronic and complex diseases better manage their conditions with the support of one-on-one Care Coordinators. Since the establishment of the **ITC program**, the provision of care coordination, expediting access to necessary services, and developing care pathways and service linkages has seen an improved quality of life for clients enrolled on the program.

What We Offer The Integrated Team Care (ITC) Program provides an Aboriginal Care Coordinator and Aboriginal Outreach Worker that can help Aboriginal clients/patients who have Chronic health conditions by providing practical clinical/non-clinical support and assistance in:

- Attending appointments with local General Practitioners and other specialists
- Follow-up care
- Completing forms (if needed)
- Communicating instructions given by Primary Health Care providers
- Accompanying clients/patients to Allied Health specialists including:
 - Physiotherapist
 - Dietician
 - Podiatrist
 - Psychologist
 - Occupational Therapist
- Outreach (if/when required)
- Collection of prescribed medication from Pharmacies

Ungooroo's ITC Program covers the Singleton, Muswellbrook & the Upper Hunter areas.

Meet **Jade Bailey** our new **ITC Care Coordinator**. Jade's email is jadeb@ungooroo.com.au and her mobile is **0411 151 124** if you have any questions in relation to the program, please reach out to Jade. Jade is an Aboriginal registered nurse and passionate about chronic disease and assisting community.

This program is supported by the Primary Health Network (PHN).



ABOUT US

Ungooroo Aboriginal Corporation (UAC) is a 100% Aboriginal owned not for profit community organisation based in Singleton that manages the Integrated Team Care (ITC) Program on behalf of the Primary Health Network (PHN).

The objective is to provide a clinical and non-clinical service to support local Aboriginal and Torres Strait Islander people with Chronic health conditions. To improve their use of health services and promote the importance of improving health outcomes.

WHAT WE OFFER

The Integrated Team Care (ITC) Program provides an Aboriginal Care Coordinator and Aboriginal Outreach Worker that can help Aboriginal clients/patients who have Chronic health conditions by providing practical clinical/non-clinical support and assistance in:

- Support attending appointments with local General Practitioners and other specialised professionals
- Follow-up care
- Assisting with completing forms (if needed)
- Communicate instructions given by Primary Health Care providers
- Accompany to Allied Health specialists:
 - Physio
 - Dietician
 - Podiatrist
 - Psychologist
 - Occupational Therapist
- Outreach (if/when required)
- Collection of prescribed medication from Pharmacies
- Ungooroo's ITC Program covers the Singleton, Muswellbrook & the Upper Hunter areas

UNGOOROO
ABORIGINAL CORPORATION

SINGLETON CENTRE
Shop 1-6,
157-159 John Street, SINGLETON NSW 2330

PHONE
02 6571 5111

FAX
02 6571 5777

EMAIL
itc@ungooroo.com.au

WEB
www.ungooroo.com.au

Scan to view Ungooroo website

UNGOOROO
ABORIGINAL CORPORATION

INTEGRATED TEAM CARE (ITC) PROGRAM

WHAT CAN THE OUTREACH WORKER HELP YOU WITH?

The Outreach Worker can help by distributing information/resources to Aboriginal and Torres Strait Islander people about how to access and understand available services such as:

- Closing the Gap Incentive (CIG)
- PBS co-payment
- Registration for a Medicare card
- Medicare Benefit Scheme
- 715 -Health Assessments for Aboriginal and Torres Strait Islander people

OUR CONFIDENTIALITY AGREEMENT

At Ungooroo we strive to ensure the highest level of confidentiality. Any personal information will be protected and not disclosed without your consent and/or authorisation

WHAT IS CHRONIC ILLNESS?

For the purpose of the Integrated Team Program (ITC), an eligible Chronic health condition is a sickness that you have or likely to have for more than 6 months.
(Dental is not an eligible condition for the purposes of the ITC Program).

CLIENT ELIGIBILITY AND REFERRAL CRITERIA

To be eligible for care coordination and Outreach Worker under the ITC Program Aboriginal and Torres Strait Islander people must:

- Identify as Aboriginal and/or TSI
- Children are eligible with a current Chronic Illness Management plan
- Have a care plan
- Have a current Chronic Disease Management plan by a local GP or Aboriginal Medical Service
- Be referred by a mainstream GP and/or Aboriginal Medical Service

Once clients/patients are enrolled in the ITC Program they can seek treatment across the Primary Health Network region.

CHRONIC CONDITIONS

Not limited to:

DIABETES

CHRONIC KIDNEY DISEASE

CANCER

MENTAL HEALTH

CHRONIC OBSTRUCTIVE PULMONARY DISEASE

- Asthma
- Chronic bronchitis
- Emphysema

CARDIO-VASCULAR DISEASE

EYE CONDITIONS
(Associated with diabetes)

ALL referrals for the ITC programs should go to itc@ungooroo.com.au

Aboriginal Business Advisory Initiative (ABAI)

Hunter / North Coast & Mid North Coast

The ABAI program recently participated in an Aboriginal Tourism Workshop in conjunction with DNSW and the NSW Aboriginal Tourism Operators Council (NATOC) in beautiful Southwest Rocks. The highlight of the workshop was a series on "On Country" experiences delivered by Nancy and the Southwest Rocks Figtree Descendants, who are developing a range of interactive and immersive experiences providing visitors an opportunity to learn and feel local Culture from the Traditional custodians and local community members.

The workshops provide support to existing and aspiring Aboriginal Tourism Operators from a range of Industry and Government support networks and demonstrate the benefits of collaboration between agencies and organisations across NSW, as well as the diversity of cultural experiences available throughout Regional NSW.

The workshops are facilitated by DNSW and NATOC and are run in a variety of locations throughout Regional NSW. Aside from Southwest Rocks the Hunter, Mid and North Coast ABAI program will be supporting workshops in the Tweed and Hunter Valley.

CRAIG LAYER
Regional Program Manager
Mobile: 0448 233 817
Office: 6571 5111
Email: clayer@ungooroo.com.au

Please use our Registration Form to register with the ABAI Program. https://www.ungooroo.com.au/wp-content/uploads/2021/09/ABAI-CLIENT-REGISTRATION-FORM_ONLINE.pdf



Thiess

Thiess, a long-time partner of Ungooroo Aboriginal Corporation, hosted the Community Information Session on the 31st May providing information and training for the MASITE Program to help set up employment pathways and training for Aboriginal and Torres Strait Islander people.

A large group attended with much interest in pursuing employment in the mining industry. We were able to provide mentoring and a support network through the Barranggirra Program to help those interested achieve their traineeship and employment goals.

We provide continuous support to these trainees and this event allowed us to meet and support more trainees.



Barranggirra Employment and Mentoring Program

Hunter / North Coast & Mid North Coast



Barranggirra will provide end to end support for Aboriginal and Torres Strait Islander learners through culturally appropriate mentoring to ensure successful retention and completion of training and improved post-training employment outcomes.

Barranggirra aims to achieve the following objectives for Aboriginal people:

- Increased access, retention and completion of vocational education and training.
- Aspiration and expectation of career pathways.
- Improved post-training outcomes.
- Increased placement in meaningful and sustainable employment.
- Greater confidence in making decisions that maximise training and employment experiences and outcomes.
- Greater opportunity for Aboriginal business ownership and economic independence.

DARREN WRIGHT

Barranggirra Program Manager

Mobile: 0408 460 771 Office: 6571 5111

Email: dwright@ungooroo.com.au

Please use our Referral Form to register your client the Barranggirra Employment and Mentoring program.

https://www.ungooroo.com.au/wp-content/uploads/2021/10/BARRANGGIRRA-CLIENT-REFERRAL-FORM_ONLINE.pdf

www.ungooroo.com.au

Please use our Registration Form to register with Barranggirra for employment opportunities.
<https://www.ungooroo.com.au/wp-content/uploads/2021/07/BARRANGGIRRA-REGISTRATION-FORM-090721.pdf>

Wattaka Café

If you need catering for your workplace, school or private function just give us a call on 6572 3770 and we can put together a selection of delicious native flavour selections to suit your budget and dietary requirements.

Keep up with our weekly specials and seasonal offers on our Wattaka Café Facebook page.

<https://www.facebook.com/WattakaCafe>

**WATTAKA COFFEE SPECIAL
EVERY WEDNESDAY & FRIDAY**



**BUY 1 GET 1
HALF PRICE**



Meet Olivia at Wattaka Café

Olivia was successful in an Indigenous Traineeship in Hospitality at our WATTAKA CAFÉ. Olivia is loving her training and learning all things Barista and the beauty of Native Flavours in our patisserie.

Olivia is also in our "Barranggirra Program" which supports all Indigenous Apprentices and Trainees and is supported and mentored by Darren Wright – Program Manager of the Barranggirra Program.



CATERING MENU

wattakacafe.com.au



DESSERT PLATTER

(serves 10)

Selection of Citrus Tart
Chocolate Brownies
Lemon Myrtle Cheesecake
Chocolate, Coconut & Wattleseed Cookies

All baked fresh in-house

PRICE PER PLATTER
\$95.00 or
\$9.50pp

HOT SAVOURY PLATTER

(serves 10)

Selection of Mini Quiches
Arancini
Sun-Dried Tomato
Pesto Pinwheels
Lamb & Feta Spring Rolls with Balsamic Dip
Beef Sliders

All baked fresh in-house

PRICE PER PLATTER
\$162.00 or
\$16.20pp

CHEESE PLATTER

(serves 10)

Selection of Cheeses
House-made Lavosh
Olives
Antipasto,
Bush Tomato Relish
Dried Fruits
Sourdough Bruschetta
Lavosh & Sourdough baked fresh in-house

PRICE PER PLATTER
\$140.00 or
\$14.00pp

SANDWICH PLATTER

(serves 10)

Selection of sandwiches & wraps, made to suit dietary requirements

PRICE PER PLATTER
\$75.00 or
\$7.50pp

Some items might be subject to change based on supply availability – staff will let you know what items will be substituted with when placing the order if changes are required due to supply.

PRICE INCLUDES GST. Prices subject to change.

Delivery fees apply. Free delivery on orders over \$100.

Please email completed Order Form to info@wattakacafe.com.au or drop off to Café.

FRUIT PLATTER

(serves 10)

Selection of seasonal fruits

PRICE PER PLATTER
\$70.00 or
\$7.00pp

Supporting You Through Your NDIS Journey

Casey Balliana is Ungoороo's NDIS Lifestyle Planner and can assist any member or NDIS participant with their plans.

Casey can also provide support to members and community with any questions they have about accessing NDIS supports and their journey through the NDIS.

Contact Casey on 0423 945 670 or email ndis@ungooroo.com.au

Do you have any questions about NDIS? Are you self-managing or plan managing your NDIS plan? Is it all too confusing and you just want to yarn with someone?

I support the
ndis

Ungoороo can assist with the following:

- Assistance to find housing
- Assistance to access and maintain employment or higher Education
- Assistance with daily personal activities and household tasks
- Innovative Community Participation
- Participation in community, social and civic activities
- Allied Health Therapeutic Supports
- Specialised Support Coordination 0132
- Specialised Supported Employment



Casey Balliana - Ungoороo's Lifestyle Planner



SPECIALIST HOMELESSNESS YOUTH SUPPORT PROGRAM

FOR THE UPPER & LOWER HUNTER

Ungooroo Youth Support Program

Ungooroo's Specialist Homelessness Services (SHS) program delivers support services and initiatives for young Aboriginal people (aged 12-25) who are homeless or at risk of becoming homeless.

Ungooroo's CEO, Taasha Layer, said that being homeless is about more than having nowhere to live.

"Homelessness is such a complex issue. Not having a stable and safe place to live can have a negative effect on a young person's physical and mental health and can make it incredibly difficult for them to stay in school or continue with training," she explained.

Ungooroo's SHS team of Youth Support Officers work in partnership with local housing and other service providers, including drug and alcohol, domestic violence and mental health programs.

These collaborations between services help people at risk of becoming homeless to stay housed and those already homeless to find and keep a home.

"We understand that underlying issues such as poor mental health, relationship breakdowns, unemployment and drug or alcohol misuse can compound the challenges faced by a young person who is homeless or at risk of becoming homeless. By intervening early, our aim is to prevent people from becoming homeless," said Ms Layer.

Scott Burgess and Adam Swadling - Youth Support Officers



ELIGIBILITY:

Youth aged 12 - 25 years
Identify as Aboriginal or Torres Strait Islander
Who are homeless or at risk of homelessness

WHAT WE OFFER:

- Early intervention to stay at home or maintain a stable tenancy
- Outreach, casework, support & advocacy
- Living skills workshops
- Referrals to specialist services
- Referral and access to bulk billing GP services
- Education and employment support
- Access to transitional accommodation
- Access to private rental market
- Access to HNSW products and services
- Support with services such as Centrelink and Job Network providers
- Brokerage

Ungooroo provides strengths-based, client-focused casework and support. Ungooroo's aim is to empower young people with choices and options. Ungooroo provide pathways for our youth to build their skills to address their homelessness in a supportive environment.

Ungooroo believe our youth have great potential and strive to foster this in all youth we engage with.

REFERRAL PROCESS:

Referrals can be made by the young person themselves, parents, carers, schools, GPs, other support services and agencies and members of the community.

Contact Scott on 0412 327 186

Contact Adam on 0428 441 953

or email: shs@ungooroo.com.au

Please use our Referral Form to register with our Youth Homelessness services.
<https://www.ungooroo.com.au/wp-content/uploads/2020/06/Youth-Support-Registration-Forms.pdf>

"Homelessness is such a complex issue. Not having a stable and safe place to live can have a negative effect on a young person's physical and mental health and can make it incredibly difficult for them to stay in school or continue with training."

Wiyala Ngarra

Speak Together Listen

What is Wiyala Ngarra?

Wiyala Ngarra is a 12-week psychosocial group for people looking to develop knowledge and skills to enhance their mental health. The group will include psychoeducation, assist clients to develop coping skills, reduce stress, increase self-esteem, and achieve insight.

The group will cover the following topics:

- Understanding good mental health and wellbeing and how to work towards it.
- Exploring values, beliefs and attitudes.
- Goal setting, making changes and future planning.
- Promoting healthy relationships.
- Conflict resolution and assertive communication.
- Psychoeducation about stress and the body.
- Assist with crisis management through the development of coping skills and strategies and understanding and managing emotional responses.
- Suicide prevention and safety planning.
- Understanding sadness and depression and expressing loss and grief.
- Substance use and making changes: Nicotine, alcohol &/or illicit substances.

Where:
Ungooroo
Singleton Centre
157-159 John Street
Singleton NSW

Facilitators
Marli Wright

Spaces are limited but participants can be placed on a waiting list as needed.

Referrals
Contact Marli Wright
Email: marli@ungooroo.com.au
Phone: 6571 5111 or 0412 720 992

NOTE: All referrals are welcome but priority will be given to Aboriginal and/or Torres Strait Islander people.



This program is supported by Hunter New England Central Coast Primary Health Network



PRIMARY HEALTH NETWORK

phn

HUNTER NEW ENGLAND AND CENTRAL COAST

An Australian Government Initiative

LIVINGWORKS I-ASIST UNGOOROO Healing Works AUSTRALIA
This activity is funded by Healthy North Coast through the North Coast PHN program

I-ASIST

INDIGENOUS APPLIED SUICIDE INTERVENTION SKILLS TRAINING

The Aboriginal and Torres Strait Islander I-ASIST workshop has been developed with Indigenous protocols to provide a culturally appropriate way of learning suicide first aid skills resulting in positive engagement within our communities.



DATE AND TIME

HALF DAY MONDAY 1-4PM
TUESDAY & WEDNESDAY
AUGUST 29TH -31ST
2 full days: 9AM-4PM

VENUE

157 John Street, Singleton
Ungooroo



To register: Scan the QR code or
<https://www.trybooking.com/CBCOZ>

Workshop includes: workshop materials, certificate of completion, morning tea, lunch, refreshments and a small self-care goodie bag.

LIVINGWORKS UNGOOROO Healing Works AUSTRALIA

safeYARN

Suicide Alertness Training

Building on the success of the existing LivingWorks I-ASIST program, an Indigenous suicide alertness program is currently being co-designed through feild trials with Indigenous leadership and consultation, specifically for Aboriginal and Torres Strait Islander communities.

DATE & TIME

Monday 29th August
9:00am - 1:00pm
and
2:00pm - 5:00pm

LOCATION

Ungooroo
157 John Street, Singleton

Kawuma-Miruma Program

to gather together & take care of

The mental health and wellbeing of our mob is important. By enhancing our resilience, acknowledging the past and providing community interventions, together we can heal from pain, suffering and trauma. Together we can reduce the losses to suicide in our community.

You can access support from Ungooroo's Mental Health Workers by emailing Marli at: intake@ungooroo.com.au

Please use our Referral Form to register with our Mental Wellbeing services.

<https://www.ungooroo.com.au/wp-content/uploads/2021/09/Suicide-Prevention-Referral-Form-SEP21.pdf>



Marli Wright is the groups coordinator for the Indigenous Mental Health Groups Program

Download our FREE Mental Wellbeing Resource: <https://www.ungooroo.com.au/wp-content/uploads/2021/08/KAWUMA-MIRUMA-MENTAL-HEATH-BOOKLET.pdf>



UNGOOROO
ABORIGINAL CORPORATION



JOIN OUR WOMEN'S YARNING GROUP

Facilitated by Marli Wright
Every Friday 10.00am – 11.30am
at Wattaka Café
157 John Street, Singleton

The yarning groups provide mental health support, support WDO's and provide interactive activities such as basket weaving, didge playing, sports etc.

If you are keen to join some of our mob in these groups, please reach out to Marli Wright – email intake@ungooroo.com.au or call 6571 5111 for further information.

Men's Group commencing in September 2022 date to be yet confirmed however if anyone is interested, please call 6571 5111 or email admin@ungooroo.com.au for further details.

