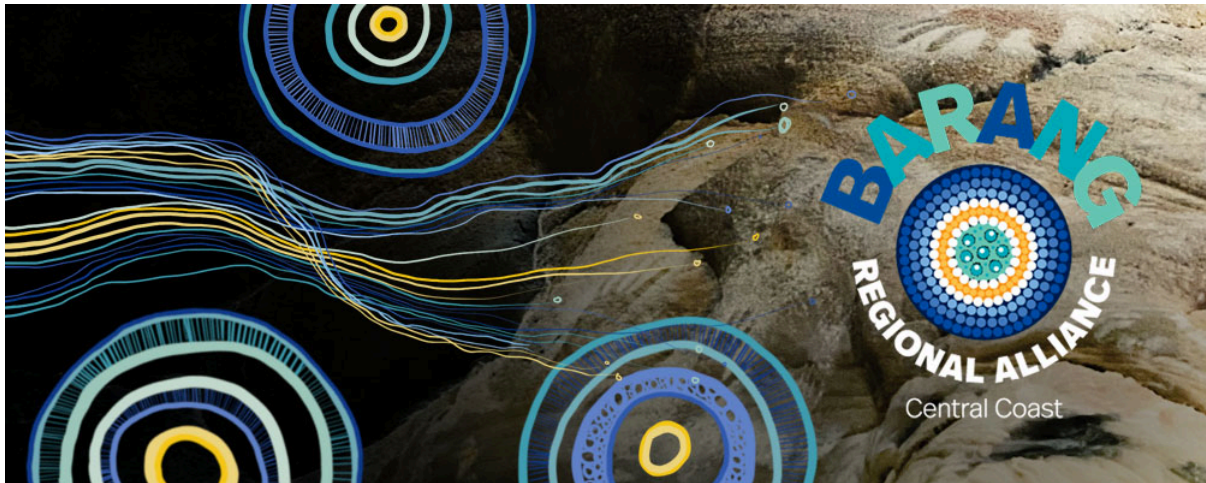


[View this email in your browser](#)



## “Waagir Bandimayi” Edition 15

Welcome to the fifteenth edition of Waagir Bandimayi (Darkinjung words meaning Coast Messenger). Barang have continued to work with our seven local Aboriginal community-controlled organisations and three associate member organisations to keep our community informed to share information, give updates and keep all our community involved.

Barang Regional Alliance finished last year rejuvenated, inspired and energised.

In November 2023, our Youth Engagement Team hosted the Empowered Youth Summit. Over 130 young people who live on Darkinjung Country gathered at Point Wolstoncroft Sport and Recreation Camp for a cultural immersion camp. Local young people experienced a variety of activities including cultural dance, weaving and cultural games on the first day, and recreational activities on the second. This also served as an opportunity to listen to young people and hear what is important to them. Topics of discussion included culture and identity, health and wellbeing, and education and employment. Look out for our Youth Report in coming months!

In the last week before Christmas, our Directors, Representatives, Associates and Staff, came together for a Strategic Planning Workshop, where the Board determined the strategic direction for Barang Regional Alliance from 2024 to 2026. This plan has a continued focus on regional governance, cultural responsibility and structural change for our community, all underpinned by evaluation and adaptation.

We have since come together again with our community for a day of reflection, culture and connection, ‘Resistance on Darkinjung Ngura’, held 26 January 2024. Together with Eleanor Duncan Aboriginal Services, Yummarah, Central Coast Community Legal Centre, and all community who attended the day - we danced, we yarned, and we honoured our survival, resistance and resilience as Aboriginal and Torres Strait Islander people.



*Barang* means tomorrow. This is your information, and we are your regional alliance.

We invite you to share, participate and continue to be involved - please feel free to contact us to share your thoughts and to give us feedback about what you would like to see included.

I am *Barang*, You are *Barang*, We are Barang Regional Alliance Central Coast.





## Transdisciplinary Health and Wellbeing Services

Eleanor Duncan Aboriginal Services had the pleasure of hosting Kate Washington MP, the Minister for Families, Communities and Disability Inclusion.

We highlighted out local solutions to support children and families, preventing escalation into the child protection system. We were grateful for the opportunity to share our successes and innovative approaches.

Big thanks to Barand Regional Alliance and Gudjagang Ngara li-dhi Aboriginal Corporation for their impactful work in this crucial area.



## Resistance On Darkinjung Ngura

In January, we honoured the enduring spirit of our ancestors on Darkinjung Ngura. We took the time to reflect on their struggle, sacrifice, and resilience.

Darkinjung Ngura remains a sanctuary for connection and sharing, just as it has for generation.

Not a day to celebrate!



# The Glen

## Culturally based Drug and Alcohol Rehabilitation

Client Story from Blake:

“Before I came to The Glen, my life was chaotic and unmanageable. I had severed all my relationships with everybody I cared about and had no control over my life. I was drifting around and couch surfing. I had accumulated two high range DUI’s and was at the mercy of the courts.

Once I arrived at The Glen, I very quickly felt the relief and safety that everyone there says they feel too. The Glen for me is a safe haven and somewhere I can go to sit with myself to feel the spiritual tranquillity and remind myself of how my life used to be as opposed to my life today.

and now to manage my emotions. Most importantly, now to be a good person.

I will forever be very grateful and thankful for all the counsellors and their work at The Glen for helping to give me the second change of life and an opportunity to be a good father to my children. I can honestly say that my life today is the best that it has ever been thanks to The Glen.

I love coming back to visit when I can and am looking forward to running some guitar lessons at The Glen in 2024.”



## Proudly Dancing on Darkinjung Land.

On Monday 29 January, we gathered around the NAISDA fire circle to celebrate our return to Darkinjung Country and the first day of the new training term. A cleansing Smoking Ceremony and warm Welcome to Country by Aunty Bronwyn Chambers calmed nerves, welcomed new and returning Developing and Practising Artists and staff, and gave us the opportunity to share stories and get to know each other.

The past weeks have been full with cultural and creative learning for our 2024 cohort, setting

Country, Community and Knowledge Holders are extensive.

Recent highlights include the sharing of story and learning at nhangara barayi, NAISDA's Dancing Ground, with Uncle Gavi Duncan, as well as our visit to Wonnarua Country with Dharug and Wakka Wakka man Stuart McMinn.

We look forward to welcoming back Cultural Tutors Dujon Niue and Jeanette Fabila along with new Tutors Helen Anu and Masepah Banu later this term, to share songs and dances from Moa Island in the Torres Strait for our College Residency.

We'll be warmly inviting Community to join us and mark the culmination of our Cultural Residency learning at two Performance Showings - the first on Friday 16 February at NAISDA, and then again on Saturday 17 February at Umina, kindly hosted by Aunty Di and our friends at Mingaletta.

Look out for details and invites in your inboxes and on social media.



# BARA BARANG

## Culturally Informed Pathways to Employment and Training

**Celebrating 10 Years 2014-2024**

This year we will celebrate our 10-year anniversary – keep a lookout for events soon to join in!

In the meantime, we are mentoring 14 Aboriginal school-based trainees who are combining Year 11 school attendance with working one day per week at workplaces that include Central Coast Local Health District (Gosford and Wyong Hospitals), University of Newcastle Ourimbah Campus and BreezeEQ Accountants Woongarah. This group joins the 15 trainees who completed 2023 requirements and will start Year 12 and the final year of their schooling and traineeships with CCLHD, Hammond Care and Coast and Country Primary Care. It's wonderful to see some many of our young people take up this opportunity, including attending a cultural immersion next to our office in January.

completion and Certificate III qualification. We wish the graduates well in 2024 with four commencing University, one beginning TAFE and one having a gap year.

Current Year 10 Aboriginal students will have the chance to express their interest in the program when applications open from August to November later this year. Contact our office on [contact@barabarang.org.au](mailto:contact@barabarang.org.au) or 43125133 to find out more – or if you are an employer or know of a workplace willing to host a Trainee, please get in touch.

[VISIT OUR WEBSITE HERE](#)



Gudjagang Ngara li-dhi  
Aboriginal Corporation

## The Fabric of Our Community

GNL has been diligently weaving a "Community of Care" model into the very fabric of our Darkinjung community. This model isn't a concept but a living, breathing testament to the shared responsibility we bear for the wellbeing of our children and families. It's a collaborative effort that sees every organisation within our community playing a crucial role in empowering our families to dream bigger, aspire for more, and ensure the safety and connectivity of our children to the community that nurtures them.

### Connection: The Heart of Our Programs

The essence of our work lies in fostering connections—those invisible threads that bind us to one another, strengthening our culture, identity, and pride. Our programs are designed not just to engage but to weave these connections into the daily lives of our families, offering our children a web of support that contributes significantly to their development and spirit.

belonging. For every parent, these connections are the building blocks of a stronger support network, essential for navigating the challenges of family life.

### **Bridging Cracks with Care**

In a world where cracks can appear in the most fragile of realities, our work is clear. We cannot allow our children to fall through, becoming a part of a system that, in its brokenness, struggles to mend the children it seeks to protect. Our answer to this challenge is a community united—a collective force determined to heal, support, and uplift every child and family.

### **Our Programs: Continuous Connection Points**

GNL's commitment is embodied in our daily programs, tailored specifically for our gudjagang and their parents. From art sessions to our playgroups, our program become family time, these are therapeutic approaches for all children and families. Our activities are designed to foster positive interactions and healing, we offer spaces where joy, love, and belonging flourish.

### **Conclusion: A Spiritual Responsibility**

As custodians of our community's future, we hold a spiritual responsibility towards our gudjagang. Our commitment is unwavering, fuelled by the belief that every child deserves to experience the joy of connection, the warmth of belonging, and the freedom to dream. Through unity, care, and persistent engagement, we can transform this vision into a reality, for always was, and always will be... a community bound by love and care for its children.

### **Call to Action**

Join us in strengthening the fabric of our community. Engage with our programs, support our initiatives, and contribute to the nurturing environment we strive to create for every child and family within our Darkinjung community. Together, we can ensure that the promise of tomorrow is bright for all our children.







**Mingaletta**  
Aboriginal & Torres Strait Islander Corporation

Mingaletta welcomed back the new year with a busy calendar of events for January 2024. Mingaletta's well attended Justice Koori Connect Day was held January 18th. Thank you to Services NSW, Services Australia, Wesley Mission, and the many other not-for-profit services who attended to ensure our community received the assistance they needed. Always happy to raise cultural awareness, our busy Mingaletta Sisters spoke to the crowds and taught weaving Sunday 21 January at the Tent Embassy event at Pearl Beach Arboretum.

Lastly, Mingaletta's free School Holiday program was held at the end of January with our parents and young community enjoying fun interactive games and a professional introduction to tennis.

Mingaletta's first community meeting of the year was held February 1st and Aunty Di invited our members to attend the relaunched bi-monthly Mingaletta Elders Program for 2024. The Wellbeing and Yarn Up gatherings will have cultural & age-appropriate topics presented by specialist speakers at each morning tea followed by a healthy yarning session. Mingaletta is looking forward to embracing the remainder of the 2024 first quarter with more ongoing positive community connection.



## DARKINJUNG COLOURS OF COUNTRY

# ART

EXHIBITION

# THURS

# 9.30 AM

MAY 23, TIL  
MAY 29 2024

Colours of Country has evolved from a pop-up exhibition into a high-profile annual event, providing art-lovers the opportunity to connect with Aboriginal artists living on Darkinjung Country and hear the stories that inspire their work.

Darkinjung LALC are proud to announce this year's theme as:

### 'Being, Becoming & Belonging'

- Being – *strong, passionate, prosperous, transparent and accountable*
- Belonging – *to our community, spaces and country*
- Becoming – *more impactful, powerful, self-determined and sustainable*

We invite you to immerse yourself in the stories, culture and traditions of the magnificent Darkinjung landscape and the people who call it home.

**GOSFORD REGIONAL ART GALLERY**

36 WEBB ST, EAST GOSFORD NSW  
2550

**BEING**  
**BELONGING**  
**BECOMING**



Local Aboriginal Land Council  
**DARKINJUNG**

### **Strengthening and Empowering our Community for all generations.**

Colours of Country shares the stories and customs of the Darkinjung Community, showcasing a vibrant collection of artworks proudly exhibited by Darkinjung Local Aboriginal Land Council.

Now in its 10th year, Colours of Country has evolved from a pop-up exhibition into a high-profile annual event, providing art-lovers the opportunity to connect with Aboriginal artists living on Darkinjung Country and hear the stories that inspire their work.

Darkinjung is calling for expressions of interest to take part in this year's inspiring line-up, and are proud to announce this year's theme as:

- Belonging – to our community, spaces and country
- Becoming – more impactful, powerful, self-determined and sustainable

Darkinjung wishes to advise that Registration of Expressions of Interest will close on March 22nd, 2024.

We invite you to immerse yourself in the stories, culture and traditions of the magnificent Darkinjung landscape and the people who call it home.

Gallery Exhibition May 23, 2024- May 29, 2024. Gosford Art Gallery



## Empowerment Through Connection

Yamurrah held our planning day in January 2024, gathering on the land of the Gadigal people for a day of connection, reflection, dreaming, sharing wisdoms about our work and how to enhance our service for the year ahead. We are excited to be hosting various training programs throughout the year:

### Available Training Programs and Locations

#### [Culturally Responsive Trauma Informed Management, 1 Day Training](#)

Central Coast, Sydney, Canberra, and Brisbane

Included is access to a 2 hour online | coaching session post training.

[\\_Central Coast x 3 dates](#) | [Sydney](#) | [Byron Bay](#) | [Penrith](#) | [Dubbo](#) | [Moree](#) | [Nowra](#) | [Brisbane](#) | [Canberra](#) | [Campbelltown](#) | [Bowen](#) | [Coffs Harbour](#)

Included is access to a 1 hour online | coaching session post training.

**[Culturally Responsive Trauma Informed Training, 2 Days](#)**  
**[– For non-Aboriginal Participants](#)**

[\\_Central Coast x 2 dates](#) | [Sydney](#) | [Byron Bay](#) | [Penrith](#) | [Nowra](#) | [Canberra](#) | [Campbelltown](#) | [Coffs Harbour](#)

Included is access to a 1 hour online | coaching session post training.

Click on the training headings or go to <https://yamurrah.com.au/training-calendar/>

The training booklet is available here: [Download Yamurrah Training Booklet](#)

Don't hesitate to reach out to us by emailing: [info@yamurrah.com.au](mailto:info@yamurrah.com.au)

VISIT OUR WEBSITE HERE





## Empowerment Through Connection

The Central Coast Community Legal Centre welcomes the appointment of Zac McEwen to the role of Junior Aboriginal Youth and Community Navigator. A few words from Zac:

*"Hi, my name is Zac McEwen I am a proud Wailwan, Wiradjuri man who has recently been given an opportunity as the Junior Aboriginal Youth and Community Navigator. Through this*

*person, one smile, one positive mindset to put someone on a right path and see the good in everything”.*

The Aboriginal Youth and Community Navigator is an initiative within Barang Regional Alliance that continues to contribute to the achievement of the Closing the Gap targets that young people are not overrepresented in the Justice system and families and households are safe. We are privileged to have Zac join the initiative and our CLC legal team.



## The University of Newcastle – Wollotuka Institute

### Welcome Week

All Central Coast and Newcastle campuses will be brought to life from 16-23 February for 'Welcome Week':

- Friday 16 February – Newcastle City Campus
- Monday 19 February – Central Coast (Gosford)
- Tuesday 20 February – Central Coast (Ourimbah)
- Wednesday 21 February – Callaghan Campus
- Thursday 22 February – Callaghan Campus
- Friday 23 February – Callaghan Campus

Be sure to find the Wollotuka Team while on Campus!

### Yapug

Yapug is a pathway program designed to enable Aboriginal and Torres Strait Islander people to gain knowledge and skills for entry into university while immersing them in Indigenous knowledge, history and culture.

Find out more by enquiring through to [yapug@newcastle.edu.au](mailto:yapug@newcastle.edu.au) or contacting the Wollotuka Team.



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