

#### Women's Talk Health Day

##### Finding your path: Weenthunga Women's Talk Health Day Bendigo 2018

By Sue Bray

On 2<sup>nd</sup> March this year 25 year 9 to 12 students from five schools in Bendigo attended the Weenthunga Women's Talk Health Day. Led by Auntie Steff Armstrong, the day started with visits to St John of God Hospital, the new Aboriginal Liaison Unit at Bendigo Hospital and Bendigo & District Aboriginal Cooperative. The students heard about the many services provided by these organisations, and the various professions and health roles they could choose to pursue study in after school.

The young women were inspired by stories from women that had challenged other's expectations and taken various paths to become health professionals, including Banok Rind, a young Yamaji woman, from Western Australia, currently working as a Registered Nurse at St.Vincent's Hospital. The students were encouraged to use their identity as young Aboriginal women as a source of power and resilience.



The afternoon at La Trobe University was a little more reflective with presentations from professionals and panel discussions with Weenthunga "alumni" now at Uni inspiring the students to find their own path, use the support available to them (including from Weenthunga, for example) and to care for and believe in themselves

The day wound up with three very special activities shared by Aunties Gabby Gamble, Kath Coff, and Steff Alexander, encouraging the young women to see their inner beauty to draw strength from traditional stories, teachings, songs, dances and the land.

That evening students, and parents attended a dinner at the Reservoir Hotel. Three



students received Weenthunga scholarships to support them in their studies sponsored by St. John of God Hospital: Oliver Darroch (Year 12) and Takeetah Charvat (Year 10/11) and Zali Cohen (Year 10/11).

*Weenthunga acknowledges and thanks the Health Day presenters: Banok Rind; Desley Slade; Dave Kerr & Melissa Silk; Steph Blyth; Jacqui Watkins; Rachel Muir; Kath Coff; Mishel McMahon and panellists: Shania; Maya; Michellie; Skye and Morgan.*

## Networking to enhance First Australian health in Victoria

### e-NEWS FOR MEMBERS February-March 2018

#### **HART Awards—Nominations Now Open**

Nominations are now open for the annual HART Awards—Helping Achieve Reconciliation Together. Now in its fifth year, the HART Awards recognise Victorian initiatives that contribute to local reconciliation outcomes.

The Awards include categories for both small and large community organisations and local governments, and are an opportunity to recognise and celebrate what is possible when Aboriginal and non-Aboriginal people work together to promote understanding, respect and wellbeing.

The HART Awards will be presented at an event in Melbourne on Friday 1 June 2018, during National Reconciliation Week. Winners will receive an award. The community organisation winner will also be awarded a prize of \$1000 to support their reconciliation initiatives.



[Click here](#) for more information on how to apply.

#### **Ricci Marks Award—Nominations Now Open**

Nominations are now open for the 2018 Ricci Marks Award, held annually to honour outstanding Aboriginal young achievers in Victoria across the areas of training, education, arts, sport, culture and community leadership.

The award is now its 21st year and is given to two recipients who each receive a bursary of \$5,000, supporting their educational and vocational aspirations. A special commendation award, the Ricci Marks Rising Star Award is awarded to a third young person with a bursary of \$1,500.

Initially named the Aboriginal Young Achiever Award, the award was renamed in 2004 in honour of Ricci Marks, a proud Wotjobaluk man from Halls Gap. Ricci received the Award in 2000 for the significant contribution he made to community, particularly through his role at the Brambuk Aboriginal Cultural Centre and as a highly regarded player for the Heywood Football Club, before his life was tragically cut short.

Nominations close at midnight 15 April 2018 and the Awards will be presented during the Koorie Youth Summit on the 14 of June 2018.

To nominate someone, or find out more, click [here](#).



**Networking to enhance First Australian health in Victoria**

## **e-NEWS FOR MEMBERS February-March 2018**

### **Healing Our Spirit Worldwide—The Eighth Gathering**

The Eighth Gathering of Healing Our Spirit Worldwide will be held at the International Convention Centre, Sydney in 2018. The Gathering brings together Indigenous peoples from around the world to gather and celebrate the power of our knowledge and our wisdom, to share our stories with pride and purpose, and to harness the spirit within and around us.

This year, the Opening Keynote Address will be given by Linda Burney MP. As a proud member of the Wiradjuri nation, Linda was the first Aboriginal person to be elected to the NSW Parliament and the first Aboriginal woman to serve in the Australian House of Representatives. Linda's commitment to Indigenous issues spans more than 30 years.

[Click here](#) to find out more about the Gathering, and how to register.



### **“Rethink Sugary Drink—Our Stories” Campaign on WIN TV**

Victorian Aboriginal community members are sharing how cutting back on sugary drinks has helped their health and wellbeing in an inspiring new television campaign. This has been launched by the Victorian Aboriginal Community Controlled Health Organisation (VACCHO), in collaboration with Rethink Sugary Drink.

The advertisements will be running for two months on regional WIN television in Victoria and will be shared widely on social media. The campaign features local Aboriginal health champions yarning about their personal journeys of cutting back on sugary drinks and creating healthier environments for Aboriginal communities.



Read more about the campaign and view the advertisements [here](#).