



**WINUN  
NGARI**  
ABORIGINAL CORPORATION



**WINUN NGARI**  
**NEWSLETTER**

APRIL 2020

# WINUN NGARI SUPPORT FOR COMMUNITY DURING COVID-19

Last week Winun Ngari Aboriginal Corporation walked the streets of Derby in a bid to provide the community with information regarding Covid-19 and Mental Health Support. It was a positive outcome for all with Caitlin and Isaac from the Shire of Derby West Kimberley Aboriginal Environmental Health team showing people exactly how far 1.5 meters is. We'd like

to thank Patricia and Vaughan from the THRIVE and NDIS programs for their work in organising this.

This is a testing time for us all. If you are struggling and need help, please call the Derby Aboriginal Health Service - Social and Emotional Wellbeing unit on 08 9158 4200.



Photo of Sammy Jumburra and Vaughan Lane (Winun Ngari)



Photo of Caitlin Fuller (Shire) and Sharina Jumburra



Photo of Caitlin Fuller (Shire), Eileen Riley and Vaughan Lane (Winun Ngari)



Photo of Isaac Buckle (Shire) and Neala Green

# MENTAL HEALTH CHECK.

## ARE YOU OKAY?

The outbreak of COVID-19 has impacted people in varying ways. It is understandable that during times like this, people may be feeling worried, afraid and overwhelmed by the changing alerts regarding the spread of the virus.

While it is important to stay informed, below are some mental health and wellbeing tips and strategies to continue looking after ourselves and each other during these hard times.



Keep in touch with friends and family via email, social media, video conferencing or telephone.



Reach out to elders and those who may not have connections.



- \* Establish a regular daily routine
- \* Get plenty of sleep and eat nutritious meals
- \* Engage in exercise and physical activities you enjoy



Mental health services are available if you feel anxious, worried or overwhelmed. For health line services see page 4.



Obtain accurate information from reliable sources like the Australian government and the AHCWA.

We will continue to post updates to our Facebook and website pages.

## LOCAL SERVICES

Derby Aboriginal Health Service - Social and Emotional Wellbeing unit 08 9158 4200 (8am-4.30pm)

Derby Kimberley Mental Health and Drug Service/Rural Link - 08 9193 3605

## ONLINE AND CALL SERVICES

beyondblue.org.au - 1300 224 636

lifeline.org.au - 13 11 14

Men's line Australia - 1300 789 978

Suicidal Call Back Service - 1300 659 467

Kids Helpline - 1800 551 800

Mental Health Emergency Response Line - 1300 555 788

The Samaritans Crisis Line - 08 9381 5555 (main line) 08 9388 2500 (Youth Line) or 1800 198 313 (Country Toll Free)

PANDA (Perinatal anxiety and depression) (Monday to Friday 9am to 7.30pm AEST) - 1300 726 306

QLife - (LGBT+, 3pm to 12am) - 1800 184 527

Child Protection and Family Support Crisis Care Helpline - 08 9223 1111 or 1800 199 008 (Country Toll Free)

Child and Adolescent Health Service urgent mental health support line - 1800 048 636

Headspace (Seven days a week from 9am to 1am AEST) - 1800 650 890 (12-25 year olds, family and friends)

Youthbeyondblue - 1300 224 636 (12-25 year olds)

Rural Link - 1800 552 002 (4.30pm - 8.30am)

## ALCOHOL & OTHER DRUG SUPPORT LINES

Alcohol and Drug Support Line - 08 9442 5000 or 1800 198 024 (Country Toll Free)

Parent and Family Drug Support Line - 08 9442 5050 or 1800 653 203 (Country Toll Free)



# WINUN NGARI EMPLOYMENT SERVICES

## HOW WE ARE HELPING YOU GET BACK ON TRACK DURING COVID-19

The Remote Jobs and Community Development Program (CDP) is part of the Australian Government's commitment to the Closing the Gap strategy.

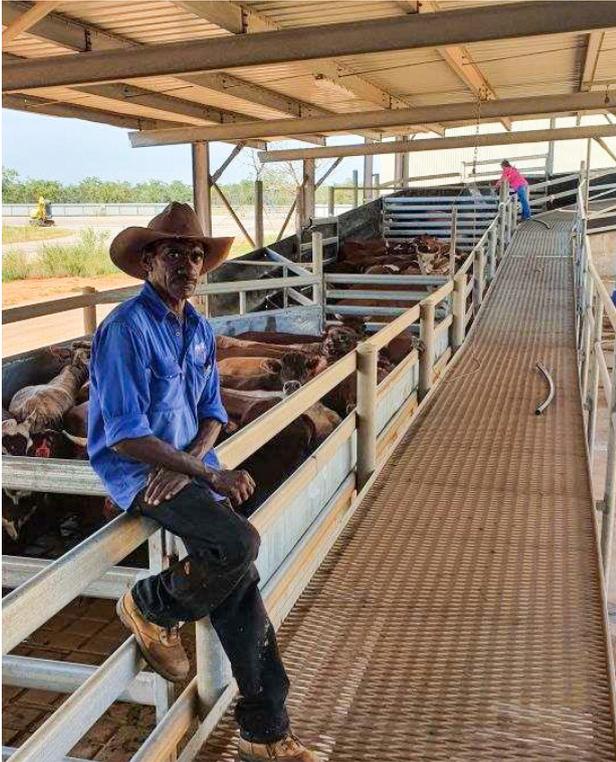
Through CDP, WNES will help Aboriginal people in remote regions obtain and retain jobs. Where people are not working, the program will ensure they are participating in WFD activities that contribute to developing strong skills and sustainable communities. WNES assists job seekers into either employment or participation

in community development activities according to their participation requirements and the level of their assessed work capacity.

During this tough time, there has been a lot of financial pressure put on families to provide.

Although our office is currently closed, if you require assistance in finding employment or training please contact [wnes.reception@winunngari.org.au](mailto:wnes.reception@winunngari.org.au). Find out how we have helped our participants gain employment on page 6.

## GOOD NEWS STORIES



*Photo of Frank Skeen*

Since early March, Five CDP participants are now employed at Kimberley Meat Company.

To assist our participants, WNAC have supplied a Troopie to transport the employees with Lawrence being the driver. Lawrence has ensured all the guys are collected each morning Monday to Fridays at 4.30am and driven out to the meatworks then returned safely each afternoon. Fantastic effort!

All employees are enjoying their new jobs and attending every day.



*Photo of Darryl Yeeda*

This employment will be ongoing until Christmas so it is fantastic for all concerned.

Laurence Macri the manager from KMC, is pleased with ALL the guys and their work ethics and dedication.

Hopefully we will be able to have more participants join the existing crew over the next few weeks.



Photo of Lawrence Churnside



Photo of Lawrence Churnside



Photo of Darryl Yeeda



Photo of Frank Skeen

# LEARNING OF LANGUAGES

Language is deeper than just a means to communicate. It plays a vital role in preserving our cultural knowledge, stories and unique identities.

According to the AIATSIS (Australian Institute of Aboriginal and Torres Strait Islander Studies), more than 250 Indigenous Australian languages including 800 dialectal varieties were spoken on the continent at the time of European settlement in 1788. Only 13

traditional Indigenous languages are still acquired by children with approximately another 100 or so are spoken to various degrees by older generations, with many of these languages at risk as Elders pass away.

Each month we aim to provide you with a set of words to learn with your families and help keep our language alive. The following words are from the Nyikina language.



## **Biyal Biyal (The Swordfish)**

Summoned by Woonjooboo (Spirit of Country), the Swordfish (Biyal Biyal), was given powers to protect and bring life to dry waterways.

Supporting and encouraging diversity in local waterways, Biyal Biyal is known to bring good spirits, and after drought, to renew diversity - the protein from its urine providing nourishment to enable other aquatic life to live in, and thrive, around its waterways.



## **Larrkardi (The Boab Tree)**

The Boab holds significant spiritual prominence in and around Derby and is culturally respected as both a protector and provider of healing. The tree itself is renowned for its healing qualities, holding water within its giant root system and bulging trunk.

The Bulargun (Nyikina Spirit) lives in the tree protecting country from strangers.

*Artwork provided by Brendon (Bugsy) Charles.  
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