

RIVMED NEWSLETTER



RivMed Chair's Message

Our community continues to reap the benefits of a strong RivMed and in 2024 we wish to keep this progress going. We have seen so much growth and funding achievements, but one important thing I would like to make mention is to our the staff that make this all happen.

Many of these staff members have given years to RivMed, dedicating their lives to making a difference and helping our mob. I want to acknowledge these staff members who make up our incredible service and thank them from the bottom of my heart.

Our staff our a large part of our community and they play a vital role in ensuring culturally appropriate care. I would like to also welcome to new specialist independent directors Professor Dr Hasantha Gunasekera and Associate Professor Dr Michelle Kennedy. I believe both directors will make a worthwhile contribution to RivMed's diverse board.

To our Elders, members and community I thank you for using RivMed's services and having faith in us. I look to the future with optimism, that we can continue to be united to make a difference. **Always was, Always will be.**

Rory McKenzie



Wonderful community presence at the unveiling of RivMed's Wellness Center!



BIG RIVMED NEWS! NEW COMMUNITY WELLNESS CENTRE OPENS IN WAGGA WAGGA

The NSW Government and Aboriginal Affairs NSW invested \$250,000 in RivMed, transforming their Docker Street clinic into a Wellness Centre to support First Nations health initiatives. The opening, held during the RivMed Christmas Party, featured CEO Peta Larsen emphasizing the facility's community-focused amenities, including bathrooms, kitchen, and laundry. The Wellness Centre complements RivMed's holistic services, addressing external barriers to health access. Additional services like transport and a food pantry will be introduced. The annual Christmas Party showcased the facility, offering arts and crafts, health promotions, and client registrations. The Community Wellness Centre officially opens on January 8, 2024, featuring various facilities and a family sanctuary.



YANDARRA DAY BRINGS MOB TOGETHER IN CELEBRATION OF WIRADJURI CULTURE

Wagga Wagga's Yandarra Day, hosted by RivMed, attracted over 1,000 attendees to Jack Mission Oval in Ashmont, marking its return after the COVID-19 hiatus. The event celebrated Wiradjuri heritage, featuring performances, rides, and football star appearances. A traditional ceremony, led by Aunty Dorothy Whyman, Wiradjuri Elder and RivMed founding member, emphasized Yandarra Day's history since the 1990s. Peta Larsen, RivMed's CEO, noted its impact in strengthening community bonds and promoting engagement with health services for First Nations people.



ASSISTANT MINISTER MCBRIDE VISITS RIVMED'S BREASTFEEDING PROGRAM

October 4, 2023, Emma McBride, Assistant Minister for Mental Health and Suicide Prevention, as well as Assistant Minister for Rural and Regional Mental Health, visited RivMed. She was drawn to the outstanding program conducted at RivMed in collaboration with the Sax Institute, specifically focusing on culturally safe breastfeeding.

Picture left to right: Rory McKenzie (Chairperson), Maxine Honeysett (Deputy Chairperson), Emma McBride (Assistant Minister), Jane Kearnes (Practice Manager), Simone Sherriff (Board Director), Hilary Honeysett (Aboriginal Research Co-ordinator)



GET ACTIVE AT WAGGA BEACH: RECAP

Community members united for the Get Active Program at Wagga Beach on December 9, 2023, organized by the RivMed team. The event, designed to promote wellness and community spirit, featured a scenic riverside walk with picturesque views.



Conversations flowed freely, fostering camaraderie among attendees. Hydration and refreshments were provided, allowing everyone to recharge with complimentary water and nibbles. Limited transport options ensured accessibility for all.

As the sun set, participants left with a sense of accomplishment and strengthened community bonds. The Get Active Program not only encouraged physical activity but also nurtured a spirit of togetherness.

HYDRATED AND RECHARGED!

RIVMED BEACH DAY

Join us at Wagga Beach for a day of fun and relaxation, all in the spirit of Mental Health Month! Everyone is welcome, so bring your friends and family.

**FRIDAY
OCT 27TH** | **10AM-2PM
WAGGA BEACH**

ACTIVITIES:
Beach Cricket, Face Painting, Free Lunch
Live Music



MENTAL HEALTH MONTH CELEBRATION AT WAGGA BEACH!

We're excited to share a brief recap of our successful Mental Health Month Celebration at Wagga Beach on Friday, October 27th! The day featured beach cricket, face painting, and a free lunch with music, creating a relaxed and enjoyable atmosphere. Our mental health/AOD team engaged in meaningful conversations, provided resources, and shared freebies, fostering community support.



COMMUNITY CHRISTMAS PARTY

In the heart of Docker Street, RivMed transformed into a hub of holiday joy on Thursday, December 21st, for its much-anticipated Community Christmas Party. The clock struck noon, and the festivities kicked off, lasting until 2 pm.



Santa himself made a special appearance, spreading contagious festive cheer to all in attendance. The air was filled with laughter and merriment as Santa's elves fired up the BBQ, treating everyone to a delicious lunch. The highlight of the event was undoubtedly the exchange of presents, creating magical moments for young and old alike.

The warm invitation of "ALL WELCOME" encapsulated the inclusive spirit of RivMed's Community Christmas Party. As the clock struck 2 pm, the echoes of shared laughter and the joy of the season lingered, marking another successful and heartwarming celebration at RivMed.

SUPPORTING MISSION AUSTRALIA - TOGETHER WE STAND

In a powerful display of compassion, RivMed recently participated in support of Mission Australia on December 27th at Tolland Community Hub and December 28th at Koorungal Community Hub, both from 11:00 AM to 1:00 PM.

These events showcased the community's unity, making a positive impact on the lives of those in need. Attendees engaged in various activities, emphasizing RivMed's commitment to fostering connections and contributing to the welfare of others.

Stay tuned for more collaborative initiatives at RivMed, where every hand joined in unity creates a ripple of positive change in the community!

FOOD RELIEF
HOUSING WAGGA WAGGA
YOUTH JUSTICE
WAGGA WAGGA POLICE

NSW GOVERNMENT

27-28 DECEMBER 2023

27 DECEMBER
TOLLAND COMMUNITY HUB

28 DECEMBER
KOORINGAL COMMUNITY HUB

11:00 AM TO 1:00 PM EACH DAY

MISSION AUSTRALIA together we stand

RIVERINA MEDICAL & DENTAL
ICN 745
ABORIGINAL CORPORATION
Caring for and healing our community




Junee After School Activities

Join us every **Thursday** starting
February 8, 2024
for exciting
after-school youth activities!

 **Junee Library**
92 Lorne Street Junee NSW

 **3:30pm - 4:30pm**
During School Term Only

For more info please contact Sally-Jo  0498 549 476

 <https://rivmed.org.au>

 @RiverinaMedicalandDentalAboriginalCorporation



 **junee**