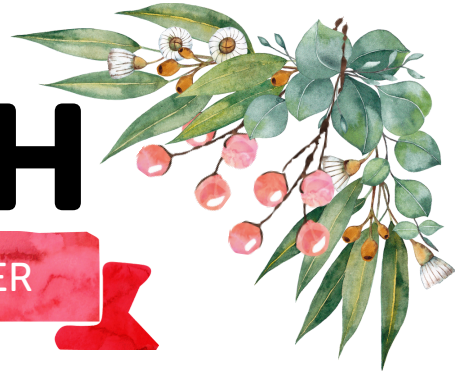




OONAH



DECEMBER NEWSLETTER

DATE'S TO REMEMBER

Tucker Bag

The last 2023 Tucker Bag will be:
22nd December 2023

Pantry-only bags
5th January
12th January

Tucker Bag will reopen
Friday January 19th 2024

Earth Heart Spirit
13th February 2024

Youth Club
7th February 2024

Playgroup
9th February 2024

Wominjeka Warriors
22nd February 2024

NEWSLETTER ISSUE FIVE 2023

Surf's Up! Fam Day

Grab your board shorts and shades because it's time to catch some waves with the fam!

Oonah is partnering with Surfing Victoria to bring a fun-filled day of surfing that the whole family can enjoy. We will be providing bus transport to and from Inverloch for registered families, with a light lunch provided.

16th January 2024

Time: Bus transport 8:45 am
Gather at Oonah
Depart 9am sharp
5pm Arrive back at Oonah

Location: Inverloch Surf Lifesaving Club
163 Surf Parade, Inverloch Vic 3996

RSVP: By Tuesday 9th January 2024

events@oonah.org.au



What to bring:

- Swimmers
- Towel
- Hat
- Sunscreen
- Snacks
- Sunnies
- Change of Clothes
- Wet Bag/Plastic Bag

FareShare Visit



FareShare's First Nations Officer Jason Mollenhauer visited Oonah's Tucker Bag Program.

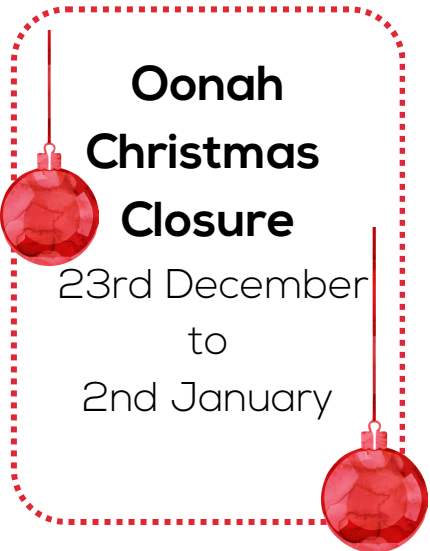
"It was great to meet the team at Oonah and see the fantastic work they're doing," Jason said. "We look forward to deepening our relationship through Meals for the Mob and hope to welcome Oonah into the Melbourne kitchen next year."

We are very excited at the prospect of FareShare's Meals for the Mob program coming to Victoria.

As well as the health benefits of meals developed in consultation with dieticians and Indigenous health services, Meals for the Mob are specially packaged to appeal to First Nations Peoples. We look forward to featuring these meals in our Tucker Bag Program soon.

Oonah Christmas Closure

23rd December
to
2nd January





MERRY CHRISTMAS!

Oonah Health and Community Services will be closed over the Christmas break and we will return in the New Year.

If you need support or assistance during this time, please see the support services listed below.

If it is an emergency, please call: 000

Supports

1800RESPECT

www.1800respect.org.au

1800 737 732

Kids Help Line

www.kidshelpline.com.au

1800 55 1800

Lifeline

lifeline.org.au

13 11 14

Yarning Safe'n'Strong

1800 95 95 63



YARNING SAFE'N' STRONG

Oonah Highlights



Oonah Health & Community Services Aboriginal Corporation



@OonahBelongingPlace



OONAH
03 5962 2940
oonah@oonah.org.au

The Board of Oonah Health & Community Services Aboriginal Corporation would like to acknowledge the traditional custodian of the land, the Wurundjeri, and pay their respect to their Elders, past, and present.

