

OONAH

ABORIGINAL HEALTH AND COMMUNITY SERVICES

FEBRUARY 2025

Upcoming Events

Oonah has a couple of events coming up

Thursday, 13th February, National Apology Day Anniversary of the Apology to Stolen Generations. This event is for Aboriginal and/or Torres Strait Islander identified Community and their partners/carers.

Saturday 22nd February, High Ropes Course for our Next Gen Leaders aged 17 to 23 who identify as Aboriginal and/or Torres Strait Islander.

Please see below for more details.

NATIONAL APOLOGY DAY
Anniversary of the Apology to Stolen Generations

Smoking Ceremony
Lunch
and Refreshments

February 13th

Time: 10 am
Location: 1A Badger Creek Rd Healesville

This event is for Aboriginal and/or Torres Strait Islander identified Community and their partners/carers

RSVP for this event by contacting Gail or Megan at (03) 5962 2940 or emailing events@oonah.org.au

NEXT GEN LEADERS
High Ropes Course
Saturday 22nd February
10am to 3pm
Meet at Oonah Healesville
1A Badger Creek Rd

This program is for individuals aged 17 to 23 who identify as Aboriginal and/or Torres Strait Islander.

For more information and registration contact
Rob: 0499 101 681 or
email events@oonah.org.au

Places are limited to 15 spots
Wear comfortable clothes and closed toed shoes (runners)

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Programs

We're excited to welcome you all back for another year. In 2025, we're bringing back some of our much-loved programs.

Cup of Yarns Elder Care Support – Join us for a cuppa and a yarn!

This is a safe and welcoming space for our Community to come together, share stories, and support each other.

Monday's 10am to 12pm

Earth, Heart, Spirit – A program for Aboriginal and/or Torres Strait Islander women that connects Community with Culture and wellbeing through creative and healing activities.

Every second Tuesday

Youth Club – A fun and engaging space for Aboriginal and Torres Strait Islander primary school-aged kids to learn, play, and connect with their Culture while building friendships and confidence.

Wednesday's during school term 3:30 pm to 5:30 pm

Playgroup- A great opportunity for parents and caregivers to meet regularly and connect with local families.

Friday's during school term 10:00 am- 12:00 pm

Tucker Bag Program – Supporting the Community with a box of fruit and Vegetables, pantry bag, fridge and freezer products.

Simply send a text with the name, number of adults/children and your preferred time of pick up between 1 pm and 3 pm.

Please note TEXT only.

Friday's 1 pm to 3 pm

Men's Group- Men's Group will be returning in March for a get-together BBQ for more details see below. We can't wait to see familiar faces and welcome new ones in 2025!

For more info, visit our website or get in touch with the team.



**MEN'S GROUP
BBQ**

**Thursday
6th March**

3:30 pm to 5:30 pm
Oonah Healesville
1A Badger Creek Rd

RSVP/ Contact Information:
Rob 0499101681 or
progrmas@oonah.org.au

BBQ and salad will be provided, Please let us
know of any dietary requirements

Men's Group is for
Aboriginal and/or Torres Strait Islander
identified Community





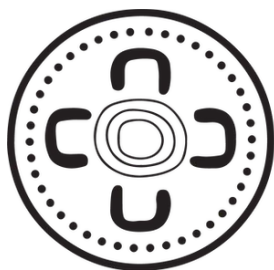
Meals for the Mob at Tucker Bag



Hey Mob! We've got some great news—Meals for the Mob from FareShare are available at Tucker Bag, ready for you to pick up!

What is Meals for the Mob?

Meals for the Mob is a program run by FareShare, providing nutritious, free, ready-made meals to support Aboriginal and Torres Strait Islander families. These meals are made with fresh, high-quality ingredients, offering a warm feed to those who need it. It's all about making sure our Community has access to good food, no matter the circumstances.



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APRIL 2025

SCHOOL HOLIDAY ACTIVITIES

**Thursday 17th April, High Ropes Course at Treetops Adventure
Belgrave**

High Ropes Course

Treetops Adventure Belgrave

**Thursday 17th April
10am to 3pm**

This program is for
individuals aged 12-18
who identify as Aboriginal
and/or Torres Strait
Islander.

For more information and
registration contact
Lea: 0447 609 430 or email
programs@oonah.org.au

Parents/carers will need to be
present
Limited transport available from
Healesville
Places are limited to 15 spots
Wear comfortable clothes and
closed toed shoes (runners)



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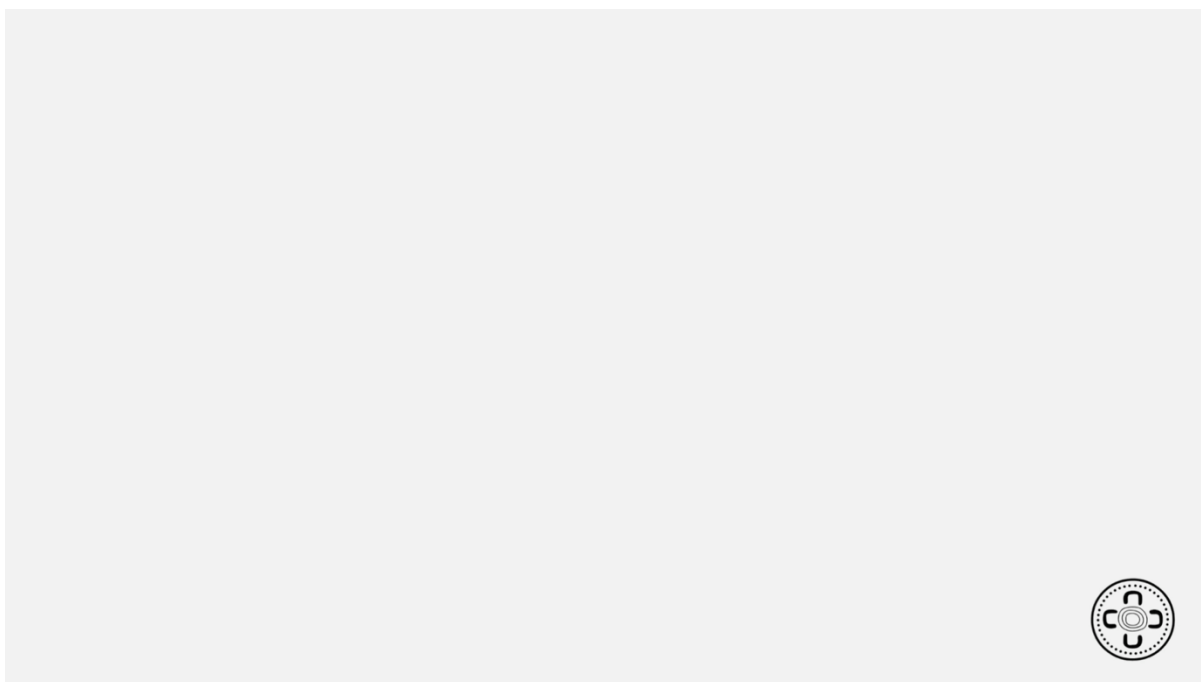
TUCKER BAG RECIPES

Hello! Each week , we've been testing recipes and creating videos using ingredients from Tucker Bag boxes. Here are some delicious recipe ideas we've put together—we hope you enjoy watching and get inspired to try them yourself!

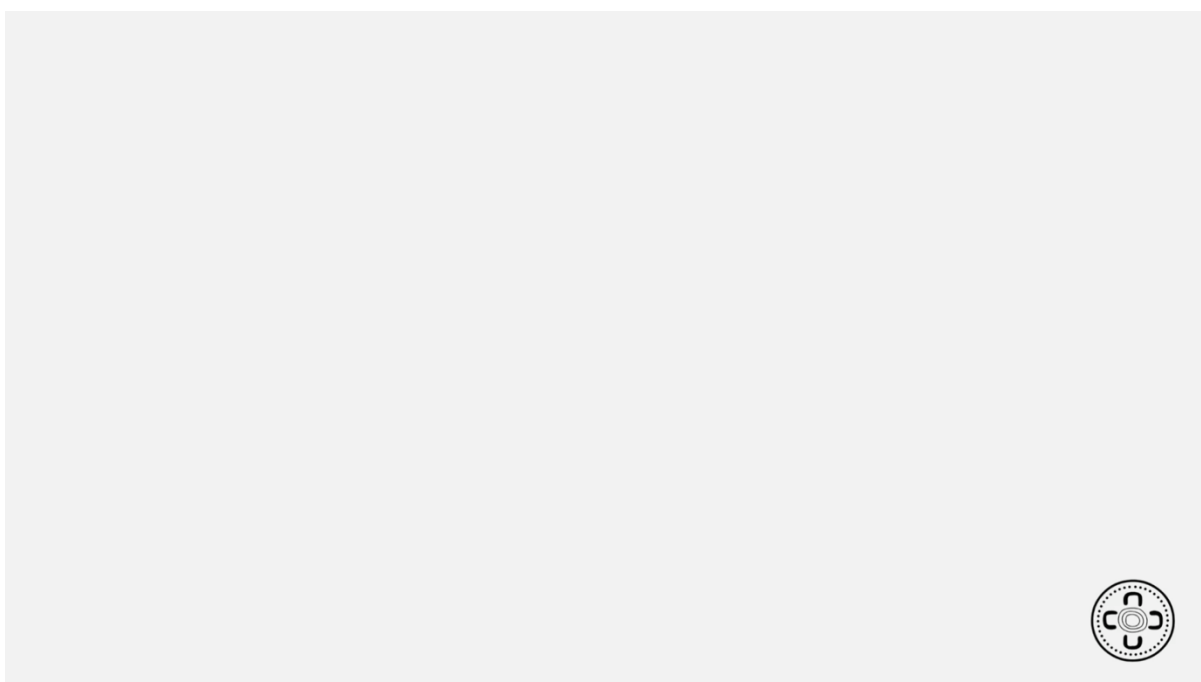
To watch the videos again and to download a recipe card, click on the link below

<https://www.oonah.org.au/team-1>

Roasted Vegetables



Peach Jam



Pickled Carrots



OONAH CLOSURE DATES

Oonah will be closed on the following dates Friday
18th April

Monday 21st April Friday 25th
April

Please note the Tucker Bag Program will be running on the following dates

Thursday 17th April
Thursday 24th April

BRAND NEW RECEPTION AREA AT HEALESVILLE



Our Healesville reception area has had a fresh little makeover, and we're excited to share the upgrade with you! To make things even more welcoming and accessible for everyone, we've installed brand-new sliding doors. Whether you're visiting for an appointment, popping in with a question, or just saying hello, you'll now enjoy easier access from the moment you arrive.

We can't wait for you to experience the improvement next time you drop by!



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MAY 2025



THE NEXT GENERATION STRENGTH VISION & LEGACY EMR NAIDOC BALL 2025

NOMINATIONS OPEN

Nominations & Award Winners are now being sought for the 2025 Eastern Metropolitan Region (EMR) NAIDOC The Next Generation, Strength, Vision and Legacy Awards Ceremony.

NOMINATIONS SUBMISSIONS CLOSE SUNDAY 25th of MAY

The awards are based on nominations received from individuals across the region.

They will recognise achievements from local Aboriginal and/or Torres Strait Islander peoples, as well as broader Community members, who have made outstanding contributions to their local First Nation's Communities across the Eastern Metropolitan Region.

2025 AWARD CATEGORIES:

- **Elder Arts**
- **Community**
- **Youth Award Sporting Achievement**
- **Youth Award Educational or Employment Achievement Non-Indigenous Community Service Award**
- **Caring for Country Award**
- **Business Award**




TICKETS NOW ON SALE

Tickets are now available for this year's EMR NAIDOC Ball

For event details please go to the EMR NAIDOC website



RESUME WRITING

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RESUME WRITING

Would you like help with writing your resume?
Come in and we will assist you.

9:30am to 12:30pm
Oonah
1A Badger Creek Rd
Healesville

FRIDAY
6th JUNE
13th JUNE
20th JUNE

This is for Aboriginal and/or Torres Strait Islander identified Community



CONTACT rob.baldwin@oonah.org.au 0499 101 681

