

OUT & ABOUT IN OUR COMMUNITY

www.burrandies.org

08 8725 6200



BURRANDIES Aboriginal Corporation

Indigenous Employment Programs • Community Support Service

VISION

Burrandies Aboriginal Corporation has been serving the Indigenous Community of the South East of South Australia since 1999.

Having a strong connection with local community members and a team that is committed to ensuring that every Indigenous person has the opportunity to reach their potential and participate in the workforce with dignity and pride.

Through innovative and flexible programs like the Indigenous Employment Programs: targeted assistance, skills enhancement and job specific training can be delivered.

Linking mentoring support for both employers and employees positive results in long term employment have and can be achieved in our region.

EMPLOYERS now is the TIME, take up the CHALLENGE of CLOSING the GAP. By engaging with Burrandies in your Recruitment of an Indigenous person, together we can make a difference on a local level. It all starts with one job!

Our Office Hours are:

- Monday to Friday 9.00am - 4.30pm
- Our contact details: T: 08 8725 6200 F: 08 8725 6299 E: admin@burrandies.org

We can be found at: Shop 1/2 Mitchell Street Mount Gambier, SA, 5290 PO Box 2500 Mount, Gambier, SA, 5290

OUR CORE BUSINESS

INDIGENOUS Employment Programs

Pre Employment Employment Placement Mentoring

- Resumes / job interviews
- Networking for work and training
- Referral to training institutions
- Working with Job Service Providers
- Assist with interview techniques and tips
- Delivery of job search support and job readiness
- Refer and Build Networks
- Assistance in the delivery of introduction letters
- Assisting client to gaining skills and training
- Offer motivation, resume updates, job search skills and skills enhancement
- Advocate and Liaise on behalf of client
- Employment placement
- Mentoring, ongoing support and advice
- Cultural awareness advice and provision

OUR CORE BUSINESS

COMMUNITY Support Service

Informing / Referring Assisting Supporting

- Nunga Home work Centre
- Community Newsletter
- Linking community to service providers and support agencies
- Advocate and liaise on behalf of clients
- Identify and liaise with stakeholders
- Refer and building networks
- Referral to health care and support service
- Referral to child care and support services
- Referral to court support and legal advise
- Referral to education, training and support
- Referral to housing, rental assistance tenancy and maintenance
- Mentoring, ongoing support and advice
- Cultural awareness advise and support
- Writing of support letters as requested

it all starts with one job!



NEWS

iPOP

Limestone Coast Peer Education Project

The iPOP Limestone Coast Peer Education Project gives young people the opportunity to develop confidence, meet new people in a comfortable environment, learn about the issues that effect them, gain SACE points and help to make a difference in their community.

Young people will attend a free camp, receive quality, up to date information to support and inform their friends and peers. The Camp at Noorla Yo Long on 11th, 12th and 13th July will include discussion on issues related to drug and alcohol use and misuse, mental health and illness, sexual health and relationships.

This project is a community partnership between young people, SE Regional Community Health, Wattle Range Council, Child and Adolescent Mental Health, Shine SA, Blue Light, Focus on Youth and ICAN. The peer educators following the camp will be supported in their own communities by youth work, social work and women's health staff from Community Health. Young people from a

range of different backgrounds are encouraged to become involved.

If you are interested in being part of this dynamic and creative project, please contact Council's Peer Education Project Coordinator, Karen Lock on 0427006411, karen.lock@wattlerange.sa.gov.au or



Live in the Limestone Coast?
Aged 15-19?
Available July
11, 12 & 13?
recruiting NOW
30 Young people as peer educators
Learn about sexual health & relationships, drugs & alcohol and positive mental health

- Make a difference to the community
- Free camp at NoorlaYo-Long
- SACE points/certificate of achievement
- Paid retainer of \$100

For more information contact Karen: 0427 006 411
Applications at www.wattlerange.sa.gov.au
or from local Community Health
Closes 27/5/2011

This program is an initiative of the Government of South Australia delivered in partnership with the Limestone Coast Innovative Community Action Network.

We ask all members of the community to advise us of coming events or milestones that have been achieved as we would dearly love to put these in the newsletter. Promotion of positive things within the community should be applauded by all.

Contact Natalie at Burrandies for any items (Ph: 87 25 6200) or email natalie@burrandies.org

COMMUNITY WORKSHOP

Anita Hateley -Aboriginal Community Education Officer Cluster Position

I now have some 17 schools to support as well as the students and their families at those sites with this role. The schools are all over the Limestone Coast Region up as far as Bordertown and Keith, across to Kingston and Robe and schools in between. Some of my new duties would include supporting Year 7's to High Schools, SACE completion, Attendance and Engagement, and Community engagement within their schools. I can also advocate on behalf of families and students who may be experiencing difficulties whether it be at school or home. I can provide links to Community Services or even school to school link ups.

Based at the Regional Office you can contact me by phone on 8724 5330 / 0400 570 097
Monday to Friday 8.30am-5pm.

The First Women's Shelter

The first Women's Shelter was established in Britain in 1972 with the first in Australia in Sydney also in 1972 and the first in South Australia in 1974. The Women's Shelter in Mount Gambier was established after a public meeting was held in 1977 when it was decided that Mount Gambier needed a safe and secure haven for women and children escaping domestic violence. As a community organisation funding was granted by both the Commonwealth and State governments and the doors opened in April 1978.

The name has changed several times over the years from S E Women's Emergency Shelter to SE Women's Emergency Services, SE Regional Domestic Violence Services and now Limestone Coast Domestic Violence Services (LCDVS) under Centacare. "Shelter" or "Refuge" are no longer used in order to make the service more user friendly and to indicate that accommodation is not the only service offered.

LCDVS provides assistance to women and their children in crisis, predominantly victims of domestic violence and/or the homeless. LCDVS staff are trained to support these women and children in dealing with each individual situation through empowerment, growth and development, advocacy and support.

LCDVS also offer crisis support, telephone support, counselling, outreach information and referral services, assistance with applications for restraint orders, Family Court support and parenting assistance. Support groups are run for both women and children to aid empowerment and personal growth. Although locally based, LCDVS covers a large area including the Bordertown/Keith area across to Kingston and to the border of Victoria.

Domestic Violence 24 hour Help line **1800 800 098**
Limestone coast Domestic Violence **87231385**

ACTIVITIES

Weight-loss tips

Dine with people who eat less than you. Research shows that people tend to match their food intake to their dining partners.

THOUGHT OF THE DAY

If you don't attach to your feelings, they won't hang around. Enter and experience your pain, rather than try to distract yourself from it.

anonymous

KIDS

Jokes

Q. How do you know the difference between weather and climate?

A. You can't weather a tree but you can climb it!

Q. "Waiter waiter how long since the table has been washed?"

A. I don't know; I have only worked here 6 months!

Q. How do monkeys make toast?

A. put bread under the gorilla!
(the grill)

Hey Kids if you have a cool joke that you would like to put in the newsletter call 87256200 or email natalie@burrandies.org

yummy

HEALTH

Fluffy egg-free marshmallow cones recipe

Ingredients:

- 12 flat-bottomed ice cream cones
- 1 cup white sugar
- 1 tablespoon gelatin
- 2/3 cup water
- 1/2 teaspoon vanilla essence
- Food colouring (optional)
- Sprinkles



Fairy dust (edible glitter) is also optional

Method:

You will need a medium size pot as the mix can easily boil over (messy!)

Pour the sugar, gelatin and water into your pot. Stir until combined.

Slowly bring to the boil and when boiling, reduce heat so it boils lightly.

Keep on low heat for 10 minutes without stirring.

Remove from heat and cool a further 10 minutes (or a quick alternative is to half fill your sink with cold water and immerse the pot without letting any of the cold water in - you will only need to keep in the water bath for 5 minutes).

Place the liquid into your kitchen mixer with the food colour and vanilla essence and mix until it becomes light, creamy and silky looking (approx 10 minutes)

Spoon the mix into the cones (if you have a piping bag it will make this process quicker) making sure you fill the bottom so they won't tip over. Create an ice cream cone shape on the top with your spoon - you can dip your spoon in some cold water to help prevent sticking.

Add sprinkles and fairy dust, and voila! Gorgeous fluffy marshmallow cones!

CONTACT DETAILS

Enquires please contact
Burrandies

Shop 1/2 Mitchell Street
Mount Gambier

08 - 8725 6200

natalie@burrandies.org