



OUR VALUES

Pride in Culture,
Respect, Accountability,
Empowerment, Service Quality,
Leadership, Inclusion.

OUR MISSION

To provide integrated health and family services which promote physical, cultural, social, and emotional wellbeing to the Aboriginal community of southern Tasmania.

A WORD FROM THE BOARD

RECOGNITION OF FORMER CEO, RACHEL DUNN



The Board, staff, and members of Karadi Aboriginal Corporation would like to express their deepest gratitude and appreciation to Rachel Dunn for her exceptional leadership and dedication. Rachel is the former Chief Executive Officer for the organisation.

Rachel's tenure at Karadi spanned a remarkable 18 years, witnessing the organisation's journey from a small women's arts and crafts meeting place to a highly functioning Aboriginal Community Controlled Organisation.

Under her leadership and guidance, Karadi has been transformed into a leading provider of services and programs such as Aged Care, Deadly Choices, Neighbourhood House, Community Services, Men's Shed, Youth Programs, Primary Health Care, and the establishment of Allied Health Clinics.

Rachel's unwavering commitment to Karadi and her passion for empowering the Aboriginal community was evident in the incredible strides made in advancing the organisation's mission. Her dedication and hard work played a pivotal role in Karadi's growth and development, transforming it into a vibrant and inclusive hub for all.

Rachel's passionate belief in the potential of Karadi and its community inspired her. Through her strategic vision and tireless efforts, she has been instrumental in fostering partnerships, securing funding, and advocating for the needs of Aboriginal and Torres Strait Islander people, especially on a national level for Aged Care and Domestic Violence against Women and Children.

Karadi Aboriginal Corporation wishes to thank Rachel for her invaluable contributions over the past 18 years. Her dedication to Karadi's success has left an indelible mark, and her legacy will continue to inspire future generations of leaders.

We wish her every success in her future endeavours



Emma Robertson



Lorraine Webb



Renee Browning



John Wright



Brodylee Shearer



Bec Woolley



Marc Hicks



Jordan Coad



Cody Summers



Maree Marney



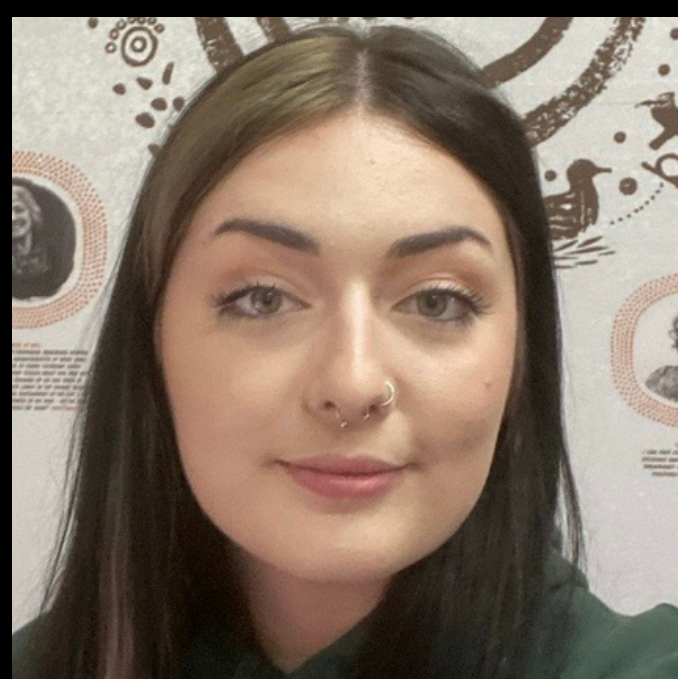
Kylie Batchelor



Emma Reed



Cody Apted



RJ Webb



Vicki Litherth



Eliza Williams

ITC AND CLINIC

Our Clinic Team is responsible for the delivery of Integrated Team Care (ITC), a program dedicated to assisting individuals with chronic diseases. Our efforts have focused on improving the management of healthcare services, advocating for the rights of our clients, expanding pilot programs to the east coast of Tasmania, and forging partnerships.



One of the key milestones for the Integrated Team Care team has been the establishment of new allied health clinics. These clinics offer a wide range of health care services, including: optometry, diabetes education, hearing screenings, physiotherapy, massage, counselling, speech therapy, and alternative therapies such as plant essence and reiki.

The expansion of our clinics has been met with overwhelming demand. As a result, most of our clinics operate with waiting lists or require cancellations to accommodate all interested individuals. Our approach to healthcare is culturally sensitive, ensuring that our providers are attuned to specific needs of our community.

The success of ITC's endeavours lies in our commitment to delivering comprehensive and culturally appropriate health services. By continuously expanding our offerings and leveraging partnerships with service providers, we strive to provide the best possible support to our clients.

The Clinic Team and associated programs have experienced significant growth and success in its mission to help individuals with chronic disease manage their healthcare effectively. Through our comprehensive clinics, advocacy efforts, pilot program expansion, and partnerships, we continue to address the unique needs of our community.

THE 9TH GATHERING

Reflection by Emma Robertson

Full Blog post can be found at emmarobertsondesigns.com/

Healing our Spirit Worldwide took place on the unceded and ancestral territory of the x̣ẉməθkwə́yəm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) People.

There would be no better occasion to network, learn from, share and celebrate Indigenous knowledge and cultures with First Nations brothers and sisters from all over the world than this.

There were five full days of immersive experiences, great speakers, performances, and collaboration and innovation opportunities. There were ceremonies every day that included traditional dance, songs, and even a sacred pipe ceremony. The experience has been a very rewarding one for me. I feel blessed to have witnessed and been part of it.

In my opinion, it was indescribably beautiful. It reminded me of the opening ceremony at the Olympic Games when each country is introduced and welcomed into the arena. Like a Celebration of Black people from across our great lands. Songs, ochre, skins, and traditional instruments were all part of the celebration. In that moment we were one. Our hearts are filled with pride as brothers and sisters sing together, chant together, and shout together.

Being able to listen to stories about how other nations are advancing traditional and cultural medicine into their practices was of particular interest to me as a Health Practitioner. The connections we have with the earth and our surroundings can be enormously influential on our social, emotional, spiritual and cultural well-being. In my capacity as a Health Practitioner and as a proud palawa woman, I would like to incorporate these modalities into my own practice. Networking and learning how we are all different, but also how many of our stories interconnect in similar but different ways.

It is a true honor to be able to participate in this incredible program thanks to my work place, Karadi Aboriginal Corporation.

THE 9TH GATHERING



NEIGHBOURHOOD HOUSE

Karadi, as a Neighbourhood House, has been able to provide community support through the means of food, fuel, and bus vouchers, as well as access to supplies from Food Bank. This has been a help to many community members who may be dealing with food and/or financial insecurity. To expand the support Karadi can offer the Community pantry was established.

COMMUNITY PANTRY

In October 2023, a community food pantry was started to address food insecurity in our community. At first, mainly non-perishable items were provided and placed on a trestle table in front of the centre. Through regular advertising on Facebook, it became very popular to existing and new community members. To supply the demand, further non perishable items, as well as fresh fruit, were sourced from Food Bank.

As the pantry grew, things had to be arranged differently in order to better address the community needs, and to help connect community with Karadi programs and services. Changes included: moving the Pantry inside, requiring an appointment to access the pantry, and introducing an item limit. With these changes in place, Emma Reed was able to engage with every person and also offer them information about and access to our programs, such as Yoga, Gym, and Community Lunch.

Prior to the return of school in 2024, a Uniform Shop was set up; open to donations of uniform and school supplies. Donations were then offered to families who may need help with back-to-school items to make sure they were ready for the new school year.

Donations received included: various school uniforms, drink bottles, lunch boxes, school bags, socks, polo tops, and monetary donations which were used to purchase further supplies.

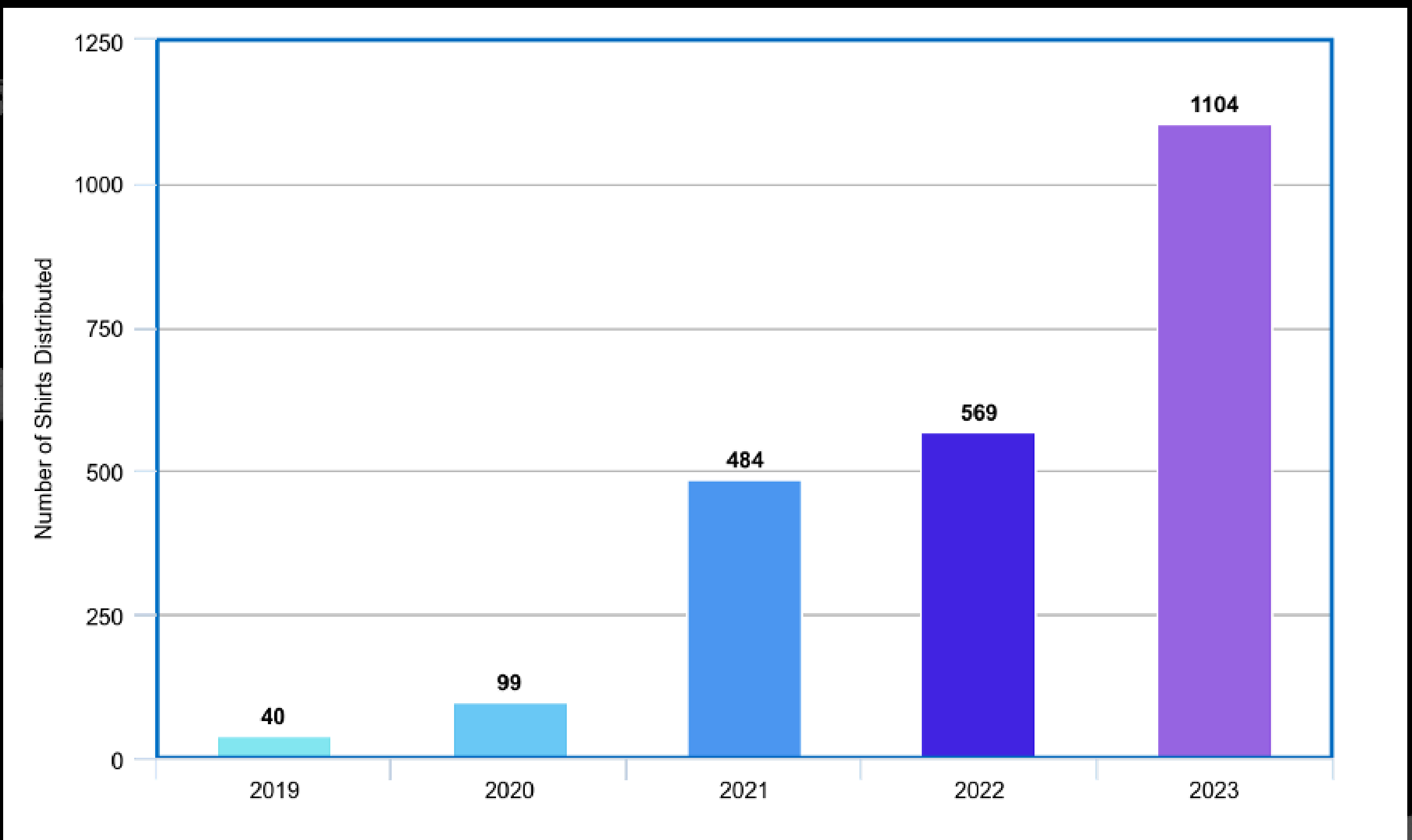
The Community Pantry has led to an increase in service access, as well as acting as an introduction to Karadi for new community members. This has enabled the Neighbourhood House team to connect with new people and to better assist the Karadi community.

DEADLY CHOICES

In 2023, the Deadly Choices team saw astronomical growth in the uptake of the 715 Aboriginal and Torres Strait Islander Health Check, with final numbers almost doubling the results of the previous year. At the completion of 2023, a grand total of 1104 shirts distributed across the state. This is the greatest increase the Deadly Choices team has seen since the start of the program roll out in 2019.

In 2024, the Deadly Choices team hopes that the amount of 715's being completed only continues to increase and that community members who have completed their check last year, will get their check done again this year.

NUMBER OF 715'S COMPLETED ACROSS THE YEARS



AUSTRALIAN OPEN EXPERIENCE

In December 2023, Deadly Choices selected a winner for an amazing prize: a double pass to the Australian Open First Nations Day. That lucky winner was Heidi Maynard, 13, who was selected for her outstanding performance in the Healthy Lifestyle Program where she was a leader to her peers and an exemplary model of the Deadly Choices values.

Upon finding out she had won; Heidi was in disbelief and was excited that she would get to have her first trip on a plane. Heidi, along with her mum, Trudy, set off on a “once in a lifetime experience.”

Being in Melbourne was a far cry from country Tassie, but the two soon settled in once they met the other participants from all over Australia. Everyone created a warm and welcoming atmosphere that felt like one big family.

With an early start the next day, donning their Australian Open shirts, everyone headed off to Rod Laver Arena where the participants were involved in the First Nations Day. Joining the group was Deadly Choices ambassadors, Petero Civoniceva and Taliqua Clancy.



To officially start the First Nations Day, a breath-taking Welcome to Country and Smoking Ceremony was performed. Trudy remarked that the ceremony and dance “was beautiful and cannot be explained in words.”

They had the chance to play some tennis on the court, meet local mob, and truly get immersed in sport and culture. Heidi and Trudy even had a brush with fame as they got to meet tennis great, Evonne Goolagong. That day just so happened to be the 50th anniversary of her first Australian Open win!

Speaking on their experience, Trudy said that she and Heidi felt a strong sense of community. Being able to speak with the other prize winners, local mob, and attend the First Nations Day created a real sense of cultural connection. Both women have said that they felt inspired to take more charge of their health and make healthy decisions; Heidi is even going to try out tennis at school this year!

The Australian Open experience is a memory that Heidi and Trudy have said they will treasure as they not only had an incredible trip away, but they also strengthened their bond as mother and daughter. These two truly made the most of their opportunity and were a great representation of the palawa/pakana community.

GET YOUR HEALTH CHECK AND SCORE A DEADLY CHOICES SHIRT!

COLLINGWOOD
MAGPIES
COMING SOON



Complete your **715 health check** at your **local GP** or **Aboriginal Medical Service** and get a **Deadly Choices Shirt!**

Contact the **Karadi Deadly Choices team** for a form or for more information.

Email: deadlychoices@karadi.org.au **Phone:** 6272 3511

Deadly Choices[®]



THE AMAZING RACE



COMMUNITY SUPPORT

MEALS

Bec has remained busily cooking in the kitchen, whipping up healthy and delicious meals to stock up the crisis freezer. Meals include butter chicken, chow mein, quiche, spaghetti bolognese, and stir frys. Roughly 40 meals are being delivered every week to community members in need.

WALKING GROUP

Walking Group has restarted along with the sunny summer weather. Running on a Monday morning, the group uses established walking paths, such as the Montrose Bay Foreshore, for a nice, self paced walk to start off the week.

YOGA GROUP

Every Monday and Friday morning, Karadi has community yoga sessions running, facilitated by Deb Cleary. Many clients enjoy the self paced and free formed nature of the class.

POOL GROUP

Running every Thursday afternoon, Karadi offers a Pool Group at the New Norfolk Swim Centre. Use of the pool can be helpful for arthritis, mental health, social health, and building up confidence in the water.

EXERCISE GROUP

Delivered in partnership with Your Path to Health, a certified Personal Trainer visits Karadi Monday and Wednesday afternoons to run self paced exercise sessions.

COMMUNITY LUNCH

A long standing event at Karadi is the 'Karadi Community Lunch'. On the last Thursday of every month, community members gather to share a meal prepared by Bec. The lunches are well attended and sometimes feature guest speakers from various organisations providing support and education for the attendees.

COMMONWEALTH HOME SUPPORT PROGRAM (CHSP)



MEN'S GROUP

The Karadi Men's Group was approached about a project through the Aboriginal Land and Sea Council to design a kitchen tool to remove the meat from abalone shells.

The Men's Group has been keen to get the project moving and have started to create the requested 20 abalone shucking tools. They will shape them in a way that helps to get all of the meat out of the shell. The tools will also have a burned logo or design on the handle.



After completion, the shucking tools will be distributed to chefs around the Hobart region.

The participants of Men's Group hope to continue collaboration with the Aboriginal Land and Sea Council to create more specialty designed tools for shellfish.



NAIDOC FOR OUR ELDERS



TRUSTED INDIGENOUS FACILITATORS (ELDER CARE SUPPORT) PROGRAM

Our Elder Care Support (ECS) Program begun in July 2023, but has been delayed due to set backs with training. This training is set to be completed in February 2024; this will finalise all aspects of the support offerings and program objectives. In the meantime, the ECS team have been able to make a start on resources, materials, and referrals.

To date, six referrals have been received and one client is actively receiving support. Once the ECS Program is officially running, local Elders will be able to receive guidance through the My Aged Care process and access support for their home, social, and transport needs. The ECS Program will provide support to our Elders until they are approved for a Home Care Package or Commonwealth Home Support Package.

MEET JOAN

Joan is the first ECS client. She has been seeking support as she has recently retired and has seen a decline in her health over the past 6 - 12 months. ECS were able to support a My Aged Care referral, but due to wait times, she was still requiring support.



Through ECS, Joan has been provided with: support equipment including a walker, shower chair, and gardening services to maintain her yard, creating ease for her daily life. Joan has also joined the Karadi Elders Group where she can enjoy a weekly catch up with her peers, have a yarn, a cuppa, and enjoy the day's activity.

Joan has expressed that she is beyond appreciative for all the support Karadi has provided.

INDIGENOUS HEALTH WORKFORCE TRAINEESHIPS (IHWT) – HEALTH WORKFORCE DEVELOPMENT PROGRAM

Through the IHWT Workforce Development Program, Karadi has been able to help members of the Aboriginal Community complete Certifications in the Health and Social Services field. To date, seven certifications have been completed, with three more beginning in January 2024.

Karadi staff have also been able to access training through this program, further upskilling our team.



MEET CIANNA

Cianna reached out to IHWT after seeing how much her older sister enjoyed her traineeship and course opportunity. She was also looking for something new as her previous work placement and course were very unfulfilling.

IHWT was able to support Cianna in completing a Certificate III in Community Services. She enjoyed it so much that she has now signed on to further her qualifications by beginning a Certificate III in Individual Support.

Cianna has been an absolute gem to support throughout this process and will be amazing in whatever field she decides to follow.

KARADI CHRISTMAS LUNCH





NAYRI NINA-TU
(THANK YOU)
TO THE KARADI STAFF
AND COMMUNITY FOR
A GREAT YEAR.

Collated, edited, and designed by Hollie French

