



KARADI ABORIGINAL CORPORATION

ANNUAL REPORT 2023 - 2024

WHO WE ARE...

Karadi is an inclusive Aboriginal Community Controlled Organisation, dedicated to serving Aboriginal people and helping them achieve strong cultural identity, good health, and quality of life. As members of the Neighbourhood House Network of Tasmania, we have a strong commitment to collaboration and partnership.

Our organisation is dedicated to building strong communities and fostering connections among individuals. Through our diverse range of programs and services, we aim to promote social inclusion, cultural pride, and overall well-being among Aboriginal people and the community as a whole.

OUR VALUES AND MISSION...

Our **values** are our pride in culture, respect, accountability, empowerment, service quality, leadership and inclusion.

Our **mission** is to provide integrated health and family services that promote physical, cultural, social, and emotional well-being to the Aboriginal community of Southern Tasmania.

A GOOD NEWS STORY!

The ITC team has been regularly visiting Bicheno to meet the community, discuss some gaps they may have experienced in the health system, and to provide them with support.

Mandy has been a regular attendee of the Community BBQ's and has enjoyed getting to know the team so much, that she painted this beautiful artwork and donated it to Karadi. Keep an eye out for Mandy's artwork on display in our clinic space!



CHAIR'S REPORT

I am proud to present Karadi Aboriginal Corporation's Annual Report 2023 - 2024.

I have been the Chair since July 2024 and on the Board of Directors since February 2024. I would like to thank the outgoing Chair, Adam Marshall, and directors Jan Langridge and Zoe Rimmer for their commitment and support during their time. We welcomed Jamie Langdon to the Board in February 2024. I would personally like to acknowledge and thank Helen for her support, encouragement, strength, and co-chair role over the last year.

Karadi is 36 years old and came from a humble beginning of Elders yarning and sharing cultural activities. Today, Karadi provides integrated health and family services to the Aboriginal community of southern Tasmania and serves as a Neighbourhood House to the wider community.

As I write this report, I am honoured and grateful for the opportunity to be part of a team of people who have seen positive changes at Karadi. Watching Karadi in the last few months go from strength to strength and seeing the dedication of staff, volunteers, board, and community members is something I am confident will continue into the future.

The Board values and appreciates the staff members at Karadi and thanks them for their ongoing dedication and commitment to ensuring Karadi continues providing excellent services to our community. Special acknowledgement and thanks to Karadi's Team Leaders, Lorraine, Em and Renee. I would like to thank Matt Smith and Holly French, who departed Karadi during the year.

Throughout the year, Karadi has continued to promote its values of pride in culture and inclusion through providing cultural consultation to variety of organisations and projects, including the new Bridgewater Bridge Project in partnership with Aboriginal Heritage, Equal means Equal: Tasmanian Women's Strategy 2022-2027, Glenorchy City Council Reconciliation Action Plan, the Tasmanian Eye Health Services, Alcohol and Drug Service Design, and the First Nations Co & Australian Human Rights Commission- National Anti-Racism Framework.



Karadi attendees at the National Aboriginal and Torres Strait Islander Eye Health Conference, Hobart, 2024

CHAIR'S REPORT CONTINUED...

Karadi has continued to maintain and grow its funding to support the delivery of programs to the Aboriginal Community. Throughout the year, Karadi was successful in obtaining funding under the "Family Violence—500 Worker Funding Program," which allowed us to recruit a mental health professional to provide much-needed services to vulnerable community members. I would like to thank our funders:

- Primary Health Tasmania
- Tasmanian Department of Health
- Department of Premier and Cabinet
- The Commonwealth Department of Health and Aging; and
- The National Aboriginal Community Controlled Health Organisation (NACCHO)

for their ongoing support of Karadi and its programs to benefit the Tasmanian Aboriginal community. Special thanks also go to the National Indigenous Australian Agency, which, on top of their program funding, made funds available to support our community's post-referendum healing. These funds were used to support Aboriginal Community Days, On Country activities, cultural healing activities and staff supports.

Following the resignation of Karadi's CEO in February 2024, a process was undertaken to find a CEO who could lead Karadi into the future. Miriam Moreton began in August 2024 and has made significant positive progress in all areas across Karadi. The Board welcomes and thanks Miriam greatly for the skills, knowledge, and experience she brings with her.

I look to the future confidently, knowing the organisation is well placed and ready for the next chapter with experienced, focused, and passionate leadership and staff and a strong and caring community.

Thank you to the Board and the Karadi community for your support and dedication and for trusting me to be part of Karadi's journey.

nayri nina-tu,
Lindy Bowden



HEALTH PROGRAMS

Throughout the year, Karadi's Health Team has continued to support Karadi's community members in accessing health and allied health services, including general practitioners, podiatry, speech pathology, massage, physiotherapy, and optometry through its health clinic. Support to attend and assistance in advocating for specialist health services provided by the Tasmanian Health Services and private providers has also continued to be the key focus of Karadi's Integrated Care Team. Education and assessment have also remained a strong focus through the 2023/2024 year through key activities such as diabetes education, hearing screenings and medication assessments.

Our team worked closely with local healthcare providers and government agencies to understand the local healthcare landscape and tailor our services to meet the specific needs and preferences of the Bicheno community as part of the ITC Bicheno Expansion Pilot. Networking played a significant role in expanding our reach and visibility in Bicheno. We actively engaged with community leaders, organisations, and individuals to promote our project and gain their support. By fostering strong partnerships, we were able to raise awareness about our services and increase access to our programs.

Throughout the year health team members participated in a range of networking events and conferences, including the Healing Our Spirit Worldwide - The Ninth Gathering: Vancouver, the Lowtija Conference and the national Aboriginal and Torres Strait Islander Eye Health Conference.

The 2024 National Aboriginal & Torres Strait Islander Eye Health Conference was held in Nipaluna, with Aunty Jan Langridge delivering the Welcome at the amazing Conference Dinner, accompanied by the amazing talents of Madelena, Dewayne Everettsmith and Sean Choolburra. John Wright participated on a panel discussion, Rhiannon Webb assisted the Brien Holden Foundation in delivering retinal camera training and Emma Robertson delivered the Jilpia Napiljari Jones Oration Keynote. Jilpia Napiljari Jones was one of The Fred Hollows Foundation's original Life Members and a trailblazer who paved the way for improving health outcomes for Indigenous people.

Through the keynote address, Emma provided insight into the unique Tasmanian perspective, highlighting the Tasmanian Aboriginal community's strengths of spirituality, connection to the land, a deep respect for the national environment and for community and kin and their role in keeping everyone strong and healthy. Emma emphasised the significance of recognising and respecting Indigenous views, acknowledging our youth and looking after each other, and the importance of challenging the status quo, asking questions, setting boundaries, and advocating for the rights of our community.

AGED CARE PROGRAM



CHSP Program Participants at Karadi

Throughout 2023–2024, Karadi Aboriginal Corporation supported clients in accessing aged care and provided aged care support to 14 clients through its CHSP program, home care packages, and Elder Care Support program. Our focus has to be helping clients identify the goals that keep them happy, safe, and living at home. Karadi then supports achieving these goals by helping clients connect to Aboriginal culture and food, transport, domestic assistance, personal care, garden maintenance, individual social support, and social support groups and activities.

Client feedback highlights that Karadi’s aged care supports are provided by staff who respect their dignity and cultural identity, assist in maintaining their independence, participate in activities of interest in their community and attend appointments.



A GOOD NEWS STORY!

Reg has received home care support from Karadi for 5 years. Reg’s support worker encourages Reg to get out into his garden for both exercise and vitamin D. Whilst receiving domestic assistance, Reg likes to strum his guitar and play a couple of tunes, helping his arthritis and fine motor skills. Reg says he can do the things now he couldn’t do before because he was always time strapped. He often mentions how much he appreciates his support workers and their upbeat attitude, and he always has good things to say about everyone at Karadi.

COMMUNITY PROGRAMS

Karadi Aboriginal Corporation prides itself on being inclusive, supporting a diverse range of people from all works of life, whilst also providing the indigenous community with specific programs tailored to Aboriginal and Torres Strait Islander people.

Throughout the year, the Community Team has continued to support the changing needs of our community, providing a range of programs and services aimed at supporting social inclusion, food insecurity, capacity building and cultural connections.

Demand for our food pantry and meal delivery services has grown through the year, helping to address food insecurity and creating an opportunity during these visits for community members to receive assistance, advice and referrals to other services, including financial counselling, domestic violence applications, no-interest loans and health services.

Karadi has continued to run a full calendar of events from yoga, gym, swimming and walking groups, helping to keep people active to weekly older persons social group, monthly community lunches and regular community days, allowing to create social inclusions, address isolation and promote Aboriginal culture.

Karadi's back-to-school campaign, winter clothes drive, and spring-cleaning campaigns have helped various community members access the support and resources they needed, including clothes, school supplies, and skip bins. In conjunction with the Glenorchy City Council, Karadi ran the Full Gear program supporting six people to complete their motorcycle learners licence.

Throughout the year Cody Summers ran cultural talks for local early learning centres, talking about Tasmanian Aboriginal history, animals and bush tucker. These sessions have been highly sought after, with word of mouth spreading to Primary Schools.

Our Elders group is a fixture of our weekly calendar. Around 12-18 ladies come together each Wednesday and share a home-cooked meal while yarning, sharing knowledge, culture and history, undertaking crafts, and engaging in traditional practices.



Full Gear Program Participants

COMMUNITY PROGRAMS CONTINUED...



Deadly Choices Participants

Our Men's group meets every Thursday evening for dinner and to work on projects. In the last 12 months, the men have attended a Men's camp on Bruny Island, spending time fishing, collecting and burning wood with many good laughs to be had. The Men's group have also undertaken several projects, including designing and making Abalone shuckers and MDF penguins for the penguin exhibition in Hobart. The money raised from these projects then goes to into Karadi's crisis to enable to supports of people in need.

The Deadly Choices program, despite resource constraints, has gone from strength to strength during the year, expanding its reach into the North and Northwest of the State.

Throughout the year, Deadly Choices hosted various health promotion events, including their annual Touch Football Carnival, with nine schools attending with their own teams to be involved in round robin style touch football and health promotion activities in Flinders and Cape Barren Islands, including participating in their FIAA's Great Race.

The Karadi Deadly Choices program was also involved in the Guard of Honour for Hawthorn for their Indigenous round in Launceston, with over 30 community members attending the game and 15 Graduate students on the field in the Guard of Honour.

Launching in Launceston in October 2023, the Deadly Choices team has been making strong connections with schools across the region and running multiple programs across two schools, Queechy High School and Brooks High School.

Cody was asked to attend Queechy High Schools NAIDOC week Assembly to present the DC HLP student graduates with their certificates and shirts. This Assembly was full of love and culture. With many wonderful speakers, a special appearance by Uncle Bobby singing his songs and lovely presentations by students. After Cody had spoken at the assembly, the school contacted Cody to let her know that a couple students had asked to be involved in Deadly Choices next year.

THE YEAR AT A GLANCE



20-30 FAMILIES
ACCESS THE FOOD
PANTRY WEEKLY



APPROX. **4152**
MEALS COOKED



750 DEADLY CHOICES
HEALTH CHECK
SHIRTS DISTRIBUTED



2496 EPISODES OF
CARE DELIVERED



25 HEARING
SCREENINGS



54 OPTOMETRY
APPOINTMENTS



116 COUNSELLING
APPOINTMENTS



29 BUSH ESSENCE
THERAPY APPOINTMENTS



188 PODIATRY
APPOINTMENTS



42 PHYSIO
APPOINTMENTS



63 DIABETES
EDUCATION
APPOINTMENTS



45 HBAIC TESTS
PERFORMED:



80 SPEECH THERAPY
APPOINTMENTS



MED CHECK
12 SESSIONS



19 SERVICES AUSTRALIA
SUPPORT APPOINTMENTS



>50 NILS LOAN
APPLICATIONS



433 GROUP SESSIONS INCLUDING - MENS, COMMUNITY,
GYM, COMMUNITY LUNCH AND HEALTH PROMOTIONS

