

# KEEP YOUR SPIRIT STRONG



## Keeping spirit strong through a holistic approach

Imagine receiving a care package from your local Aboriginal community control health care provider with basic care needs such food, toiletries, mask, hand sanitiser and craft activities for your children. Your Elders are receiving their medical needs, toiletries and tailored care hampers along with ready to heat healthy meals. Everyone is being reminded to practice self-care by staying positive and active and are nurturing their bodies through eating fresh local wholesome food. That was Waminda's response to lockdown earlier this year in order to ensure good health, wellbeing and the safety of their mob.

**Waminda** walks alongside Aboriginal families across the New South Wales South Coast Region; the organisation has strong cultural governance and is guided by a Board of Management of seven local Aboriginal women representatives of the communities in which it operates. Waminda emphasises a strong community approach to holistic care and connecting country and culture with a key focus on identity, connection, healing and keeping spirit strong.

The Baalang Healing framework is the groundwork for all of Waminda's services. It was developed in response to the social and emotional wellbeing, spiritual, cultural and physical health needs of our community. "It has been designed and led by Aboriginal women under the guidance of Elders. Their voices are powerful in the design of our healing processes. There is a commitment to pass on cultural knowledge, identity and healing," said Kristine Falzon.

Self-determination is a key focus of this program. Participants are encouraged to recognise and value themselves as their own healers.

Throughout the healing program, the team at Waminda also created resources for the community specific to their needs. This includes free hotlines and additional support to increase accessibility to assistance. The health professionals working in the program include therapists, counsellors, case managers, cultural mentors and after hours support.

Waminda staff are widely admired and proud of their achievements in their own communities and the broader Shoalhaven. 'The driving vision of Waminda is to provide culturally safe service. We offer women and their Aboriginal families an opportunity to belong and receive quality health and well-being support across the lifespan.' said Waminda's executive manager Kristine Falzon.



**Australian Government**  
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