

Elders Outreach Group Dubbo



2018

Tooraweenah Cancer Council Open Day

Tuesday 8th March

Some of the Elders travelled out to Tooraweenah on a day trip for the Cancer Council Open Day, held in the Tooraweenah Hall. The day consisted of information and market stalls, guest speakers, and a delicious lunch. Robin was one of the guest speakers on the day. It was a good to go out and support a worthy cause as most of our members have been touched by cancer either themselves or family/friends.



Robyn

I enjoyed going to the emu farm last year being up close to them and purchasing emu oil. The BBQ in the bush was good, I enjoyed the trip to Wellington catching up the Elders there, especially the ones who had been at the women's camps over the years. I enjoy all the outings. I like coming to the Elders group and getting to know what the others had done through the week and how their health has been etc. The social side of the group is what I enjoy the most being with the others. I started coming after I gave up work.

Valda

I enjoyed going to the zoo and the trip to Wellington, joining the Elders group down there and having morning tea and lunch. I haven't been coming that long and I am enjoying coming here. I like the massages and having my feet done by the podiatrist and the diabetes check.

Elders Olympics

Wednesday 11th April

A group of Elders travelled to Orange by bus with staff from Uniting to attend the Elders Olympics for the 3rd year in a row. They participated in several different activities such as the emu egg and spoon race, which was a challenge and finished off with a relay. Morning and afternoon tea and lunch was provided by Indigenous Cultural Adventures:

- Curry Chicken & Vegetable Soup accompanied with 'Jonny Cakes' (Aboriginal flat bread)
- Kangaroo Tail Soup with Damper



Morning Tea in Backyard

Tuesday 24th April

During the break a few of the Elders had a morning tea in Eddie and Gloria's backyard. Eddie showed us some of his boomerangs and Gloria showed her embroidery.



Kathy

I enjoy making the necklaces, keeps my hands busy. I enjoyed the emu farm last year, went out bush with the South High Kids. Went to the Elders Olympics.

Delroy Campus and Sporties

Tuesday 22nd May

The Girls Academy at Delroy Campus invited the Elders to have morning tea with them. They also interviewed the Elders on camera asking about their life stories along the NAIDOC theme "Because of her, we can".

After leaving the school, we went to Sporties to have lunch and enjoy fellowship.





Lorna and Yarning Circle

Tuesday 5th June

Lorna brought the Yarning Circle to the hall to spend time with the Elders Group. We had morning tea and to talk about what they are doing in the community and how the Elders could be involved.



Shirley

The Elders group is alright, talking with the others. I have been on a few of the day trips. I enjoyed going out bush. I will keep coming for as long as I can. I went to South High that was good, went to the zoo. I enjoy coming to Elders for the company and a day out and meeting people.

Day in the Bush

Tuesday 26th June

Students from the junior AECG (Aboriginal Education Consultative Group) and teachers from South High Campus joined the Elders at the Wanda Wanda Campground in the Goobang National Park. Jamie and Adam from Uniting joined us out there. A smoking ceremony involved everyone out there and Jamie and Adam took the students and some Elders on a cultural walk and talk. It was a very relaxing day with the students cooking the BBQ and serving the Elders. There was a lot of talking and sharing between everyone. This day was a highlight of the Elders calendar.





Jeanne

I love the Elders group, it gives me something to look forward to every Tuesday, I have been coming for years. I went when it was at the Gordon Centre in West Dubbo and at Buninyong. I like the company and it gives me something to do once a week. I have been on a few of the day trips, over the years, I loved the zoo, seeing all the animals and going to the emu farm last year. I enjoy going with Margaret to the Preschool in Park, it is lovely doing craft and painting etc with the kids. It is good being at the Elders and spending time with each other.

Delroy Campus NAIDOC

Thursday 5th July

The Elders joined in with NAIDOC celebrations at Delroy Campus and some of us watched the video the Girls Academy filmed earlier in the year with the Elders.



Eva

I just enjoy being here with everyone, they are good company. I enjoyed going to the zoo the most, I love animals. We drove around in the Zoofari bus and then went back to the education centre and listened to a little lecture. A couple of kids were there, and they showed us the goannas and snakes and I took a few photos. I went on the bush trip that was very enjoyable, it brought back a lot of memories of being in the bush when I was young and the campfire that was beautiful, I love campfires. It was nice going over to the school and being interviewed by the young girls. They took a video of each one of us for NAIDOC theme "because of her, we can", that was enjoyable. I have been coming about a year to Elders and it has helped me both socially and mentally. I like that the bus comes and picks me to go to the group and takes me home at the end, makes things easier for my husband.

Narromine/Trangie

Monday 9th July

A small group of Elders went out to Narromine and Trangie to spend time with the Elders Groups in the two towns and to look at the Aboriginal Culture Museums.



Taronga Western Plains Zoo NAIDOC

Saturday 14th July

NAIDOC Celebrations at the Zoo were enjoyed by the Elders and the wider community. We also held a stall to sell our craft and promote our Group.



Taronga Western Plains Zoo

Tuesday 24th July

A day at the Zoo, we were driven around the in the Safari bus looking at the animals. We then went back to the Education Centre and listened to a talk while some of the kids showed us goannas and snakes. After a lovely lunch our day was over.



Charles Sturt University

Tuesday 14th August

The Elders were invited to Charles Sturt University by Robert Salt Indigenous Support Officer to have morning tea and lunch at the University and look around at the facilities and new Aboriginal learning centre

Wellington Elders Group

Tuesday 21st August

A day trip to Wellington on the Live Better bus to join with the Elders Group there. We showed them some craft ideas, mainly jewellery making and shared morning tea.

Joan S

What was your favourite activity with the Elders this year? I made a handbag out of string and I was very proud of myself for that because I never thought I would be able to do that. I just enjoy coming here, getting out of the house and you are in amongst family, I crochet, and I have made a lot of hand towels and face washers.

The day trips are lovely, I enjoyed them all. I liked the emus last year at the emu farm. This year we have been out Narromine, I just enjoy coming here, the others are good company and we get a massage and our feet done by the podiatrist, which is another good thing.

South Campus Girls Academy

Tuesday 4th September

South Campus Girls Academy invited the Elders to join them to weave and have morning tea. It is always good to share time with the younger generation and be able to talk and do activities together as they are our future.





Lorna and Migrant Group

Tuesday 18th September

We joined Lorna and the Migrant Group at Buninyong Community Centre to have morning tea and share time with ladies and children who have moved to Australia to live.

Fay

I enjoyed the day trip in the bush because I like getting out in the bush! It gave me a fix. I keep coming back to the Elders group each week for the friendships, the interesting things that we do, the places we go and the people we meet which in the normal course of my life I wouldn't get to meet or go to, like the university etc. I like the encouragement we provide to each other. It is interesting listening to the speakers and we enjoy the massages, the group is good and positive for anyone. We went to Wellington, Elders Olympics which is a highlight. The visits to the schools can be a bit of an eye opener for us but it is good, especially at South where we taught the girls weaving. Weaving is my dreaming. I enjoy the sewing, making the necktie for Prince Harry was a bit of a buzz.

Welcome to Baby – Victoria Park

Friday 21st September

Margaret was asked to do Welcome to Country and Welcoming children from 0 to 3 years old to the Community, this was the first time this event was held in Dubbo.

Welcome to Baby
By DARCEENIXON

DUBBO's first 'Welcome to Baby' event was held on Friday, September 21, at Victoria Park. This is a cultural occasion to welcome children from zero to three years of age into the community, and was organised by Linebetter, Dubbo Family Day Care and Schools As Community Centre (SACC).



Dubbo Waratahs Rugby League Knockout

Saturday 22nd September

The Elders group made aprons for the Waratahs Rugby League club for their members to wear at the Knockout. We also held a stall at the knockout with craft and raffles. Leanne Sutcliffe won the raffle on the day.

Joan M

I enjoyed our trip up to the University, having a look at all the things they have up there. I was having a talk with a gentleman there who was explaining different things about the Indigenous people, which I thought was really good because I am really interested in it and I would like to get into it a bit further. That was my best day, I do enjoy going on all our other trips, like down to Wellington and to the schools. Just recently our trip over to South Dubbo to the NAIDOC celebrations, that was good, I really enjoyed that. We sat and watched the dancers, the Torres Strait Islanders, which was really good and some of the Aboriginal guys demonstrated all of the birds through dance which was interesting. We thoroughly enjoyed ourselves and we had plenty to eat there, as we do! I enjoy coming to the Elders group, I was introduced to the group here 3 years ago this Christmas. I used to sit at home doing nothing but watching television and fiddling about. My son said to Kathy who is a good friend of my son and me, said to her "take mum down" so I came with her and I have thoroughly enjoyed every bit of it since, I love it. You learn all different bits and pieces, craft etc. We have a good time on the bus each week, I will come to the Elders for as long as I can.

Reconciliation Lunch

Tuesday 25th September

The Reconciliation Luncheon was held in the hall with many people attending. Entertainment was provided by local Aboriginal dancers and Torres Strait Islanders from Bamaga who also sang and shared stories. Ken was the MC for the day and Margaret did Welcome to Country.









Dear Reverend Gloria and all involved in hosting the Elders Outreach Reconciliation Luncheon last Tuesday, Angus McDonald and I want to say how much we enjoyed that inspiring and uplifting occasion. Thank you for the warm and friendly welcome you all gave us. It was a privilege and fascinating to see the Aboriginal dancers from Dubbo and also the Bamaga group sharing their culture through singing and dance. And so good to talk with some of the Elders from Walkabout Ministries. The Ngumbaay Aboriginal Girls excelled in catering—a hot cup of tea as soon as we arrived with attentiveness as to whether we would like another—and that delicious and healthy lunch served so graciously and efficiently. Thank you all for such a memorable occasion with all the work that went into its organisation and preparation. Best wishes and God Bless to all,

*Eleanor Lawson.
St John's Molong.*

South Campus NAIDOC

Thursday 27th September

NAIDOC day at South Campus with Fr Victor, Salu and the group from Bamaga and Rose Elu from Brisbane.



Sporties with Bamaga Mob

Thursday 27th September

Some of the group went to dinner with the group from Bamaga on their last night in Dubbo after spending the week.



Duke and Duchess of Sussex

Wednesday 17th October

The Elders made gifts for the Duke and Duchess of Sussex for the visit to Dubbo. Margaret and Aunty Grace were at the airport to greet them.



Lorraine

Outing enjoyed the most – going to the National Park. **Why?** getting out of Dubbo and being with the school children and how they were serving us, like making morning tea and coming and asking us and I thought what good manners that they have. They helped cooked the BBQ and they mixed in a circle with the Elders, it was heartfelt, and it was just a wonderful day being out in the bush. To me it was like going on a walkabout and sharing, talking was just wonderful. Also loved spending time with the Bamaga group, learning about their lives, culture and them sharing their faith was a wonderful experience and a privilege. I also liked going to the University, it was the first time I had been there and that was wonderful too. A few times we have been out to the zoo which was good. Steve drove us around inside the zoo and had a great conversation talking about the animals. **What do you enjoy about the Elders group** enjoy doing the crafty things and just coming and spending time each week with the others, it is wonderful and gets you out of the house. You learn a lot with the outings and the people we meet, and it is heartfelt.

Melbourne Cup Luncheon

Tuesday 6th November

The Elders held their first Melbourne Cup Luncheon, after not being sure how many people we would have, over 40 people attended on the day. The day was enjoyed by everyone with sweeps, prizes for best dressed, best hat/fascinator, games and the race.







Open Day

Tuesday 27th November

The annual open day was a quiet day with not many people coming along, overall it was a good day and the scones with jam and cream were a hit.



Other Events

Wellington Elders Christmas Party

Tuesday 4th December

Elders Christmas Party

Tuesday 11th December

Welcome to Country at various events

Preschool in the Park

Sewing at the Zoo

Craft, Sewing at the hall

Learning computer skills

The Elders group have benefited from having Sharon come each week to gives us massages, Trixie and Craig have come each fortnight to do diabetes/health checks. Rachael has been each month to check our feet with her podiatrist clinic. We are extremely grateful to each of them for this. Thankyou to Dubbo Anglican Church for the use of their hall, LiveBetter for transporting us to and from the group each week and to other activities. Thank you to ABM for its continued support.

All our Elders are active in the community with other organisations.

Margaret

I enjoyed the trip out to the bush the most this year, I loved that because we are always going out in the bush, but it was good that day with the school kids. We didn't do much, but the kids did. We had lunch and did a bit of walking around and we ate like we usually do! We have been to the zoo, it was nice, and I enjoyed that because they took us around on the bus on Safari and we had a lovely lunch out there. We went down to Wellington to the Elders down there and that was nice. We went a couple of times down there, the last time we went there we showed them how to do craft. The Wellington Elders meet at the information centre. We have been to a few of the schools this year, Delroy Campus and South High to the Girls Academy to do weaving, that was good. We also went to South High with the Torres Strait Islanders. I go to preschool in the park with a couple of other elders and help the kids do a bit of craft, they enjoy it and it's a good fun day and we go to the schools on NAIDOC days. I have been involved with the Elders group since 1994, we started it with the help of a couple of girls from Lourdes hospital, then homecare came in and gave us a little bit of funding for it, we have been everywhere. Everywhere we went there has been a group that has broke off and stayed there so that's where all the Elders groups come from. We started off in the St Andrews Church, went to Allira, Thubbo, Land Council, Buninyong and now here. We have 15 regulars now and have our own shirts. The Elders Olympics was lovely, this was our 3rd year going to them. Our first year we came runners up. I enjoy coming to Elders, it's a good social group, we go everywhere, (Narromine Elders, club) we do everything. We can do craft, or we can sit down and talk and eat! I love the craft and we have been learning how to use computers, which is good.

Johanne

I have been involved in the Elders group here about 2 to 3 years. I enjoy the company and coming each week to talk to everyone. I have been on all the trips this year with the group. I can't pick which one I like the most as I like them all. I like being with the others and wherever they go, I go, so if they are going to jump in the river, I will jump in the river too! I have been in this area for around 6 years and when you don't have a partner at home this group is good.

Pat

I like meeting new people, I knew everybody here before I come, Jeanne asked me to come along and join the group, I was part of Thubbo and then that all fell apart, so I wasn't doing anything, and I look forward to the Elders group. I enjoy coming and talking about this and that. I enjoyed myself at the day in the bush, we walked around after we had a meal in the bush and we saw a few Aboriginal sites/artefacts, it was enjoyable. We went to Wellington and met up with the Elders group there and they have come down here, it is a good outing for them and we get to meet them, we knew a few of them before they got their group up and running. We had a luncheon here for Melbourne Cup Day. We used to go to the RSL and the luncheon was no good up there so Gloria suggested we have one ourselves and invite other people to come. We received a few good comments about the day and you wouldn't be able to get a nice meal for \$10 anywhere else, which was reasonable. A few people said the meal was very lovely and we had a few games which was fun. I look forward to Elders Group every Tuesday and if I can't make because of doctors' appointments etc I'm a bit down. It's a good little group and I am glad I am part of it.

Gloria

I have been a part of the Elders Group for many years and find myself Co-ordinator of the group with the support and help from within the group. 2018 has been a busy but fruitful year with several visitors coming to the group to speak and share with us. The group activities have seen the group very busy within the community (read the booklet). Elders group are continuing to meet in Holy Trinity hall, so we are very grateful to the Parish for their support and contribution throughout the year. Also, a huge thank you to Jen for all the hard work and time she gives to the group. I must add my husband Eddie, son Anthony and Jen's husband Dave who have helped throughout the year with setting up at our functions. Thank you also to the dancers, Delroy girls, Margaret Pickette and Dorothy Logue, for their contribution at our reconciliation lunch. Thank you also to the others in the background, Stella for her beautiful home-made salads, Joan who comes along to join the group when she can and Ducky who contributes gifts and helps out when asked.

Our sales this year has shown a profit, thank you to all who have contributed with sewing, craft, working on the stalls and with food for functions and those who have provided each week with morning teas.

Jen

Spending time with the Elders group has been a great privilege. They always provide some great entertainment and plenty of laughs while I am there. The computers have interested a few of them and hopefully next year, we can learn some more. The wealth of knowledge amongst the group and their willingness to share this with others in the community is inspiring.



Congratulations Margaret on Elder of the Year

MEANING OF ELDERS OUTREACH GROUP LOGO

Boomerangs and women hands in centre greeting and welcome each other.



The boomerang is thrown and circles and returns, footprints walkabout as women we go out meet new people and invite them to join us we greet them with handshakes for a meal, craft, company, cuppa and a yarn and like the boomerang their return.

SYMBOLS: 'Half-moon' digging sticks and Coolamon women sitting and sharing meal, 'Half-moon' sitting around yarning, dots all women coming together for the occasion, footprints as the women walk to outreach and "gather" invite others to join us.

Aims and objectives of the group

The Dubbo Elders Outreach Group aims to provide a safe, inclusive, and social environment in which Aboriginal Elders and other Elders can come together on a regular basis. We aim to give Elders the opportunity to get to know and socialize with other elders in their community, participate in various activities including crafts, sewing sessions and organized outings to meet and spend time with other Elders in other communities. Support and help each other within the Group.

Confidentiality always kept within the Group. No Gossiping, speaking about other members of the Group, their friends, or others without their permission to do so. Respect for each other and their rights as a person.

To foster health and wellbeing of Elders, health checks (including blood pressure and blood sugar levels checks), a hot nutritious lunch and varied activities are provided that keep Elders active in mind and body. We invite other service providers to send guest speakers to inform us of the services that are available to Elders and their families in the community. Dubbo Elders Outreach Group's aims and objectives focus on improving the health (physical, mental, and spiritual) and wellbeing of all Elders who are part of this group.