

Aboriginal and/or Torres Strait Islander
MEN'S RESOURCE BOOKLET

Canberra Region



Acknowledgement of Traditional Custodians

ACTCOSS acknowledges Canberra has been built on the land of the Ngunnawal people. We pay respect to their Elders and recognise the strength and resilience of Aboriginal and Torres Strait Islander Peoples. We celebrate Aboriginal and Torres Strait Islander cultures and their ongoing contributions to the ACT community.

ACTCOSS

The ACT Council of Social Service (ACTCOSS) is the peak representative body for the not-for-profit community organisations, people living with disadvantage and low-income residents of the ACT.

Gulanga Program

The Gulanga Program is designed to assist ACT homelessness service providers and the children, youth and family sector to develop and/or improve upon good, culturally appropriate practice standards. The program employs Aboriginal and Torres Strait Islander workers and aims to provide better engagement with Aboriginal and Torres Strait Islander peoples and their families to access the services that will best meet their needs.

The program includes the production of a number of tools and resources to assist services to adapt their organisation to better respond to Aboriginal and Torres Strait Islander peoples, direct consultancy support in implementing changes in organisations, delivery of training in cultural awareness for community workers, and supporting Aboriginal and Torres Strait Islander workers in the sector.

For further information about this resource booklet and to provide feedback, please contact the Gulanga Program at the ACT Council of Social Service Inc.:

Phone: 02 6202 7200

Email: gulanga@actcoss.org.au

Website: www.actcoss.org.au

Cover Art and Adult Colouring Art

Scott Towney is a Wiradjuri man from Central NSW. Scott works with many art mediums, specialising in pyrography, portraits, murals and sketches.

The artwork provided for the front cover and the adult colouring page is a sketch of the goo-gar (goanna).

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About the Booklet

The booklet aims to support Aboriginal and/or Torres Strait Islander men and their families, and the agencies supporting Aboriginal and/or Torres Strait Islander men in the Canberra region, by raising awareness of:

- Agencies and services specifically for men
- Aboriginal and/or Torres Strait Islander community organisations
- Aboriginal and/or Torres Strait Islander agencies and services.

It includes topics such as:

- Researching your family
- What you might need when you are looking for work
- Where to go for afterhours health care
- Where to access computers and free wi-fi.

The information provided in this booklet was current at the time of publishing. If there is any outdated information, please contact gulangga@actcoss.org.au or phone 02 6202 7200.

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Service Directory Assistance

Access Canberra

Phone: 13 22 81

Access Canberra provides information, payments and emergency support on behalf of the ACT Government through service centres, phone and online services. Many of these services can be completed online such as paying for your registration and finding information on where to find a justice of the peace.

Location: Service Centres are located at: Belconnen, Civic, Dickson, Gungahlin, Mitchell, Tuggeranong and Woden (services provided at each centre may vary)

Website: www.accesscanberra.act.gov.au

CONTACT Canberra

Phone: 02 6248 7988

CONTACT Canberra, the ACT Community Directory, can help you to find services, community organisations and support groups in the Canberra region.

Location: Griffin Centre, 20 Genge Street, Canberra City

Website: www.vc-act.mycommunitydirectory.com.au

Service NSW

Phone: 13 77 88

Service NSW delivers online access to government services – including driver licences, birth certificates, Seniors Cards and Fair Trading licences through one digital service, one phone number and a network of service centres. At centres you can book appointments, use the digital kiosks, use Wi-Fi and a range of other services.

Location: The nearest services centres are located at: Queanbeyan, Goulburn, Cooma and Batemans Bay.

Website: www.service.nsw.gov.au

Aboriginal and/or Torres Strait Islander Population

State	Aboriginal &/or Torres Strait Islander Males	% of Total Male Population	Median Age of Aboriginal &/or Torres Strait Islander Males (National Median Age)	
NT	34 479	28.4%	23.0 years	(35.0)
TAS	12 076	4.7%	20.9 years	(40.5)
QLD	94 082	4.2%	20.2 years	(36.5)
WA	43 731	3.7%	22.0 years	(36.1)
SA	18 554	2.3%	21.5 years	(38.8)
ACT	3 181	1.7%	21.5 years	(33.9)
NSW	103 907	0.9%	20.6 years	(37.2)
VIC	23 543	0.9%	21.1 years	(36.3)
Total	333 683	3.0%	21.1 years	(36.8)

669 881 people in Australia identified as Aboriginal and/or Torres Strait Islander.

90% identified as being of Aboriginal origin, **6%** of Torres Strait Islander origin, and **4%** of both Aboriginal and Torres Strait Islander origin.

6160 Aboriginal and/or Torres Strait Islander peoples resided in the ACT, representing **1.7%** of the total ACT population.

The above information is extracted from the Australian Bureau of Statistics 'Estimates of Aboriginal and Torres Strait Islander Australians, June 2011' which are based on the 2011 Census of Population and Housing counts.

National Ochre Day

The National Aboriginal Community Controlled Health Organisation (NACCHO) began National Ochre Day in 2013 as an Aboriginal male health initiative. As Aboriginal males have arguably the worst health outcomes of any population group in Australia, NACCHO has long recognised the importance of addressing Aboriginal male health as part of Close the Gap by 2030.

Information regarding dates, speakers, registration, venues and associated activities is made available on the NACCHO website along with information on past events.

Website: www.naccho.org.au

Proof of Identity (ID)

Identification and related documents are required to prove who you are, and where you live. Without them, you will find it difficult to access many things in life such as concessions, services, employment, a drivers licence, study, and finding somewhere to live.

In some circumstances, Aboriginal and/or Torres Strait Islander peoples are unable to provide sufficient ID. Reasons may include the non-registration of their birth, an incorrect date of birth, an incorrect surname or usage of different names. Some government and non-government agencies will offer some flexibility.

Proof of Identity Documents

- A current Driver's Licence
- An original Birth Certificate
- A current Australian Passport
- A Proof of Age Card
- A Confirmation of Aboriginal and/or Torres Strait Islander Identity
- A credit card or bank card
- A Concession and/or Health Care Card: *Commonwealth Seniors Health Card; Ex-Carer Allowance (Child) Health Care Card; Foster Child Health Care Card; Health Care Card; Low Income Health Care Card; Medicare Card; and Pensioner Concession Card*

Proof of Residency Documents

- A current Drivers Licence or renewal notice
- A current motor vehicle registration certificate, renewal notice or insurance papers
- A current utilities notice such as electricity, gas, water, telephone, rates
- Previous or recent taxation assessment / group certificate
- A current lease or rental document
- A current bank or credit card statement
- A property rates notice
- Home insurance papers

Referee Statement

This may be accepted as an alternative form of ID. The statement is a written reference from a person such as a CEO or manager of an agency, a police officer, a minister, a recent employer or a health professional. It can include information such as:

- their knowledge of your name, and any other names you are known by

- their knowledge of your address, and any other addresses
- their knowledge of your date of birth (actual or approximate)
- their knowledge of your family connections
- how long they have known you
- how they know you.

Statutory Declaration

Anyone can make a statutory declaration under the Statutory Declarations Act 1959, including minors and retirees.

It is a written statement which you sign and declare to be true before an authorised witness to legally verify information such as names, addresses, insurance claims, superannuation matters and lost passports.

An authorised witness can include a doctor, lawyer or Justice of the Peace. Police stations and post offices may have a Justice of the Peace available.

Commonwealth or State/Territory Statutory Declarations are available at post offices or can be accessed online from the Attorney General’s Department website: www.ag.gov.au

The following agencies may be able to assist you:	
ACT Government Access Canberra	13 22 81
NSW Government Service NSW	13 77 88
Australian Taxation Office Indigenous Helpline	13 10 30
Department of Foreign Affairs and Trade Australian Passport Office	13 12 32
Department of Human Services Centrelink Indigenous Phone Service	1800 556 955
Department of Human Services Concession and Health Care Cards	13 23 07
Department of Human Services Medicare Card – Aboriginal and Torres Strait Islander Access Line	1800 136 380
Pathfinders National Aboriginal Birth Certificate Program	02 6788 2123

Family History and Research

You may have lost contact or connections with your family. You may want to learn more about your family. Following are some ways to research and seek assistance with this.

- Talk to other family members
- Talk to other Aboriginal and/or Torres Strait Islander peoples
- Write down names, nicknames, aliases
- Write down places of birth, dates of birth/death/marriage
- Write down where your family may have lived and when
- Write down any significant events that may have occurred with your family and communities where they lived
- Collect copies of photographs and documents such as birth certificates, news clippings and letters.

Records are held by institutions such as government departments, state and public libraries, universities, churches and local councils. Some information can be accessed online, such as digitised newspapers and magazines, birth and death notices, genealogies and employment records. Following are a few useful websites:

- Australian Institute of Aboriginal and Torres Strait Islander Studies: www.aiatsis.gov.au
- Centre for Indigenous Family History Studies: www.cifhs.com.au
- The Koori History Website: www.kooriweb.org
- Link-Up NSW: www.linkup.nsw.org.au
- National Library of Australia: Trove: www.trove.nla.gov.au

The following agencies may be able to assist you:	
Australian Institute of Aboriginal and Torres Strait Islander Studies: Family History Unit	02 6246 1111 1800 352 553
Kinchela Boys Home Aboriginal Corporation	02 9699 4119
Link-Up NSW: (There are Link-Up organisations and services in other states and territories. ACT is serviced by Link-Up NSW.)	02 9421 4700
National Library of Australia: Family History	02 6262 1111
NSW Government: Aboriginal Affairs Family Records Unit	1800 019 998
Pathfinders: National Aboriginal Birth Certificate Program	02 6788 2123
Salvation Army: Family Tracing Service	02 9211 0277

Song: 'I Am' by Johnny Huckle

(G) (EM)
I am born of the land My soul is the sun
(C) (G) (D)
Nature is my mother I am Mother Nature's child
(G) (EM) (EM)
The wind is my spirit Running wild, running free
(C) (C) (G) (G)
Water is my mirror Reflecting visions of me

CHORUS x 2

(G) (EM)
I am what I am and I always will be
(C) (G)
I am what I am I am Aborigine

(G) (EM)
I'm like a great river That slowly runs dry
(C) (G)
Pollute me and abuse Like a river I could die
(G) (EM)
I'm a child of the earth Created from dust
(C) (G) (D) (G)
I live for my land Taking only what I must

CHORUS x 2

(G) (EM)
I'm a hunter of animals I can imitate their stance
(C) (G) (G)
I am what I hunt I'm its spirit in the dance

CHORUS x 1 (followed by bridge)

(C) (EM)
I am from the never never a time long gone by
(C) (AM) (D)
The dreaming is my creation I'll be home when I die

CHORUS x 2

(EM) (G) (EM) (G)
Aborigine! Aborigine! Aborigine! A b o r i g i n e !



Many thanks to Johnny for sharing the lyrics and guitar chords for this song. Johnny Huckle is an Aboriginal singer/songwriter who has been performing and touring Australia for over thirty years. He was born in Condobolin (NSW), where he also started his career. For more information visit Johnny's website:

www.johnnyhuckle.com.au

Men's Agencies and Services

This section lists services specifically for men delivered by:

- Government and non-Government agencies
- Aboriginal and/or Torres Strait Islander agencies.

The websites provided may include further information such as self-help resources, fact sheets, and other service information.

MEN'S AGENCIES AND SERVICES	
<p>Aboriginal & Torres Strait Islander Men's Group – Strathnairn Arts Centre 90 Stockdill Drive, Holt ACT 2615 www.strathnairn.com.au</p>	
<p>Meets weekly. If you are interested in taking part, or have a friend or family member who would like to get involved, contact info@strathnairn.com.au. Delivered in conjunction with West Belconnen Child and Family Centre and Thunderstone Aboriginal Cultural and Land Management Services.</p>	02 6254 2134
<p>ACT Govt: Narrabundah House Indigenous Supported Residential Facility – Bimberi Residential Services www.communityservices.act.gov.au</p>	
<p>Supported accommodation service for young Aboriginal and/or Torres Strait Islander men (15-18 years) who are subject to community based justice orders. Aims to develop independent living skills, connections to culture and engagement with services, while consolidating participation with employment, education and training engagement.</p>	13 2281
<p>ACT Govt: M Clinic - Canberra Sexual Health Centre Building 5 (North Wing), Canberra Hospital, Garran ACT 2605 www.health.act.gov.au</p>	
<p>M Clinic is a free walk-in clinic offering STI checks for men who have sex with men. HIV results are available via SMS in less than 24 hours.</p>	02 6244 2184
<p>Belconnen Community Men's Shed 32 Dallachy Street, Page ACT 2614 www.belconnenshed.com.au</p>	
<p>New members and visitors are welcome. Fully insulated, with a kitchen, air-conditioning, disabled access and equipped with woodworking and metalworking tools.</p>	02 6123 4000

MEN'S AGENCIES AND SERVICES

<p>Canberra Father's and Children's Service (CanFaCS) 3/71 Darling Street, Mitchell ACT 2911 www.canfacs.org.au</p>	
<p>Supports single father families around homelessness and to strengthen relationships with their children. Provides accommodation, Dad's Place (overnight visitation), case management, referral and outreach support.</p>	<p>02 6123 4000</p>
<p>EveryMan Australia Room 3.01 Griffin Centre, 20 Genge Street, Canberra ACT 2601 www.menscentre.org.au</p>	
<p>Programs and support for men in need to achieve health and wellbeing: counselling, disability services, information and referral, preventing violence, managing anger, case management and supported accommodation options.</p>	<p>02 6230 6999</p>
<p>GBTIQ Workshops – AIDS Action Council of the ACT Building 5 (North Wing), Canberra Hospital, Garran ACT 2605 www.aidsaction.org.au</p>	
<p>Offers a range of free peer based workshops for men who are gay, bisexual and sex and gender diverse: Out There (16-25yrs); Looking Out (+26yrs), Together (+18yrs); Man2Man (+18yrs); and Cruising (+18yrs). Check website for venue/dates.</p>	<p>02 6257 2855</p>
<p>Giralang Kaleen Men's Shed Kaleen Community Hall, 28 Georgina Crescent, Kaleen ACT 2617 www.theshedonline.org.au</p>	
<p>Offers fellowship and support: gardening (vegetables), computing - education and computer facilities, talks/ visits by members and guests, lunches, BBQ's, coffee sessions and dinners and fixing stuff.</p>	<p>gkmensshed@gmail.com</p>
<p>Gungahlin Men's Group – Communities@Work Ngunnawal Neighbourhood Centre, Yarrowonga Street, Ngunnawal ACT 2913 www.grcs.org.au</p>	
<p>Meets Fridays. Welcomes all men. An opportunity to meet in a friendly social environment and work on meaningful project. Activities include social outings, guest speakers, projects and discussion groups.</p>	<p>02 6228 9200</p>

MEN'S AGENCIES AND SERVICES

The Lodge – Residential Service for Men – CatholicCare Canberra & Goulburn

Ainslie Village, 23 Quick Street, Campbell ACT 2612

www.catholiccare.cg.org.au

Supports men who have mental illness, with or without alcohol & drug issues (18-65yrs). Medium to long term and respite beds. All meals, including coffee and tea. Can offer assistance with medication management.

02 6163 3707

Majura Men's Shed – Northside Community Service

Rosevear Place, Dickson ACT 2602

www.northside.asn.au

For local men of all ages to get together and connect over shared hobbies, skills and interests. Men work on projects for their community: restoring or building furniture, organising fundraising and social events.

02 6257 2255

Mary's Place

Queanbeyan NSW 2620

For single adult males from 18 years only. Provides assistance to the homeless, mainly NSW clients but will assist those in the ACT with referral if St Benedict's Community Centre is closed. Limited accommodation on a night by night basis.

**02 6299 1619
(24hrs)
0430 274 162**

Men's Group – Winnunga Nimmityjah Aboriginal Health and Community Services (Winnunga AHCS)

Winnunga AHCS Art Room (opposite Narrabundah shops), Iluka Street, Narrabundah ACT 2604

www.winnunga.org.au

Held every Monday 11.30am to 3.30pm (lunch included). Focuses on creating a culturally appropriate and non-judgemental environment for Aboriginal men to discuss health and lifestyle matters. Transport is available.

02 6284 6222

Menslink

2 Light Street, Griffith ACT 2603

www.menslink.org.au

Promotes the value, wellbeing and social participation of men, in particular young men and boys, by providing appropriate and professional services with outreach activities in the ACT and parts of regional southern NSW.

02 6239 4699

MEN'S AGENCIES AND SERVICES

Minosa House – CatholicCare Canberra & Goulburn

Ainslie Village, 23 Quick Street, Campbell ACT 2612

www.catholiccare.cg.org.au

A supported accommodation program for single men aged over 18 years, not accompanied by children, who are homeless or at risk of homelessness.

02 6295 4300

The Nexus Program – Karralika

CIT Southside Campus, Block E, 160 Ainsworth Street, Phillip ACT 2606

www.karralika.org.au

Provides community-based treatment for men experiencing alcohol and other drug issues in a halfway house environment.

**02 6163 0200
(Head Office)**

NSW Govt: Sexual Health Service, Queanbeyan – SNSW Local Health District

www.health.nsw.gov.au/sexualhealth

Free sexual health services in Queanbeyan, Goulburn, Eurobodalla and Bega for key groups: men who have sex with men (MSM), Aboriginal and/or Torres Strait Islander peoples, people who inject drugs, people leaving prison, sex industry workers, HIV and young people at risk. Medicare card is optional.

02 6298 9293

Parenting Groups for Men – Marymead

255 Goyder Street, Narrabundah ACT 2603

www.marymead.org.au

Groups aim to assist men (ACT & Queanbeyan) to improve parenting skills and strengthen relationships with their children and families such as: Being a Dad; Being a Separated Dad; Parenting for Positive Behaviours; and, Strong Emotions Series for Dad.

02 6162 5851

Prostate Cancer Support Group – ACT Region

SHOUT Pearce Community Centre, Collett PI, Pearce ACT 2607

www.prostate-cancer-support-act.net

Voluntary association of men who have been diagnosed as having prostate cancer, and their partners. Meets 7pm third Wednesday of the month (except December).

**02 6161 4135
(SHOUT)**

Queanbeyan Men's Shed

Queanbeyan Recycling Depot, 5 Lorne Rd, Queanbeyan NSW 2620

Open to all with the aim to provide a venue and opportunity for men to meet, socialise, exchange and develop both practical and life skills in a safe and supportive environment.

02 6297 7139

MEN'S AGENCIES AND SERVICES

Room4Change – Domestic Violence Crisis Service

www.dvcs.org.au

A residential therapeutic service to help men address their violence and controlling behaviours while their families are supported to stay in their own home. Works closely with other services and sectors in the ACT, including the Police, Courts and services that already work with men.

02 6280 0900

Safe Shelter ACT

St Columba's Uniting Church, 10 Fawkner Street, Braddon ACT 2600

Provides a safe place for homeless men and men at risk of homelessness to sleep during winter. In 2016, the shelter will operate on Tuesday-Thursday nights (7pm-10pm), through to Thursday 29 September.

02 6257 2255

Samaritan House – St Vincent de Paul Society

Hackett ACT 2602

www.vinnies.org.au

Crisis accommodation and assistance for men over 18 years of age. Supported medium term accommodation is also provided for men with mental illness leaving hospital or other institutions.

02 6284 5150

Service Assisting Male Survivors of Sexual Assault (SAMSSA) – Canberra Rape Crisis Centre

www.samssa.org.au

Offers counselling and support to men over the age of 16 in the ACT and surrounding region, and their supporters, to recover from the effects and impacts of sexual assault or childhood sexual abuse.

**Crisis
02 6247 2525
Business
02 6287 3935**

Solaris Therapeutic Community – Karralika

CIT Southside Campus, Block E, 160 Ainsworth Street, Phillip ACT 2606

www.karralika.org.au

A voluntary 16 week program for adult males in the Alexander Maconochie Centre who have alcohol and other drug dependencies.

**02 6163 0200
(Head Office)**

STRIP Outreach Clinics for Men – AIDS Action Council of the ACT

www.aidsaction.org.au

STRIP Clinics are for men who have sex with men only. Clinics are quick and easy and free to access (no Medicare Card required). Results available in person, over the phone or via text.

02 6257 2855

MEN'S AGENCIES AND SERVICES

Tuggeranong Men's Shed

299 Soward Way, Greenway ACT 2900 (attached to the Tuggeranong Archery Clubs (TAC) Indoor Sporting Complex)

www.theshedonline.org.au

Activities: guest speakers, bbqs, cooking. Workshop: drill presses, band saws, sanding machines, table saws, lathes and work benches, metal and welding bay. Work on projects for yourself and community groups.

[**tuggeranongmensshed@gmail.com**](mailto:tuggeranongmensshed@gmail.com)

Vietnam Veterans and Veterans Federation ACT

9 Burkitt Street, Page ACT 2614

www.vvfact.org.au

Memberships open to veterans from all wars, conflicts and peacekeeping operations. Offers a wide range of services and activities.

02 6255 1599

Young Men's Mentoring Group – Gugan Gulwan Youth Aboriginal Corporation

Grattan Court, Wanniasa ACT 2903

www.gugan-gulwan.com.au

Targeted at young Aboriginal and/or Torres Strait Islander men (8–12 years). The aim of the group is early intervention focusing on issues faced by boys within their family and community systems. Meets during the school term.

02 6296 8900

Aboriginal and/or Torres Strait Islander Agencies and Services

This section lists Aboriginal and/or Torres Strait Islander:

- Community agencies in the Canberra region.
- Services within government and non-government agencies.
- Sport and recreational groups/clubs.

ABORIGINAL AND/OR TORRES STRAIT ISLANDER AGENCIES AND SERVICES	
Aboriginal Legal Service (NSW/ACT) Colonial Mutual Building, Level 3, 17-21 University Avenue, Canberra City ACT 2601 www.alsnswact.org.au	
Information and referral, legal advice and court representation to Aboriginal and/or Torres Strait Islander men, women and children across NSW and ACT.	02 6249 8488
ACT Govt - Aboriginal and Torres Strait Islander Community Bus www.accesscanberra.act.gov.au	
Bookings: email communitybus@act.gov.au 12 seater bus (wheelchair) for all Aboriginal and/or Torres Strait Islander peoples living in and around Canberra who have limited access to transport in region. Can be booked for groups and events.	02 6205 3555 or 13 17 10
ACT Govt- Aboriginal and Torres Strait Islander Grants Program www.communityservices.act.gov.au	
Funding rounds provide support to Aboriginal and/or Torres Strait Islander peoples for leadership and development opportunities, and to showcase cultures of Aboriginal and Torres Strait Islander peoples living in the ACT.	02 6207 9784
ACT Govt - Aboriginal and Torres Strait Islander Older Persons Housing – Mura Gunyah, Kambah www.communityservices.act.gov.au	
Housing ACT maintain 5 x 2 bedroom units for older Aboriginal and/or Torres Strait Islander peoples who meet eligibility requirements and are existing tenants or eligible applicants.	13 3427

ABORIGINAL AND/OR TORRES STRAIT ISLANDER AGENCIES AND SERVICES

ACT Govt - Aboriginal and Torres Strait Islander Traineeship Program

www.communityservices.act.gov.au

Applications for 12 month traineeships are offered at certain times. On the successful completion of the traineeship participants are offered a permanent position with the ACT Public Service at an ASO2 level.

02 6207 9784

ACT Govt- Galambany Circle Sentencing Court – ACT Magistrates Court

C/- Restorative Justice Unit, Ground Floor, 12 Moore Street, Canberra ACT 2601

www.courts.act.gov.au

A culturally relevant sentencing option in the ACT Magistrates Court jurisdiction for eligible Aboriginal and/or Torres Strait Islander adults and young people who have offended.

**02 6205 2762
(Coordinator)**

ACT Govt - Indigenous Guidance Partner – Restorative Justice

Ground Floor, 12 Moore Street, Canberra ACT 2601

www.justice.act.gov.au

Restorative Justice is voluntary process to hopefully reach an agreement between both parties. The IGP is a support person to help you and your supporters through the Restorative Justice process from start to finish.

02 6207 3992

ACT Govt - Indigenous Sports Grants Program – Active Canberra

www.sport.act.gov.au

Offers funding rounds to eligible individuals to apply for up to \$200 to access and participate in sport and recreation. Also open to the broader region such as Queanbeyan, Yass, Braidwood, Bungendore and Bywong.

02 6207 2076

ACT Govt –Wills – Aboriginal and Torres Strait Islander Residents - Public Trustee and Guardian

Ground Floor, 221 London Circuit, Canberra Cty ACT 2601

www.ptg.act.gov.au

Employs professional legal personnel and does not charge fees to make Wills for Aboriginal and Torres Strait Islander residents providing: they are 18 years and older; have legal competence to make a Will; are resident in the ACT; and appoint the Public Trustee as their executor in their Will.

02 6207 9800

ABORIGINAL AND/OR TORRES STRAIT ISLANDER AGENCIES AND SERVICES

ACT Govt - Yurauna Centre – Canberra Institute of Technology

Block F, Room 43, CIT Reid, Constitution Avenue, Canberra ACT 2601

www.cit.edu.au

The Yurauna Centre offers students with help to grow in knowledge, abilities and confidence along the path to a career of choice. Offers skills training, advice and cultural support.

02 6207 3309

ACT Torres Strait Islanders Corporation

Plays a role in advocating the interests of Torres Strait Islander people, promoting culture and history.

y.norris@hotmail.com

Australian Govt - Indigenous Business Australia - Business Ownership

15 Lancaster Place, Majura Park ACT 2609 (National Office)

www.iba.gov.au

Assists Aboriginal and/or Torres Strait Islander peoples to access the skills, knowledge and resources required to start and grow a viable, sustainable business.

1800 107 107

Australian Govt - Indigenous Business Australia - Home Ownership Program

15 Lancaster Place, Majura Park ACT 2609 (National Office)

www.iba.gov.au

Affordable entry into home ownership for Aboriginal and/or Torres Strait Islander peoples, particularly those on lower incomes, and first home buyers having difficulty obtaining finance from mainstream lenders.

1800 107 107

Australian Indigenous Leadership Centre

245 Lady Denman Drive, Yarramundi Reach ACT 2601

www.ailc.org.au

Aims to foster and nurture a new era of Indigenous leadership by providing Aboriginal and Torres Strait Islander leadership training and support. See their website for future training opportunities.

02 6125 3520

Billabong Aboriginal Development Corporation

158 Stockdill Drive, Holt ACT 2615

Aims to provide a range of community support and development opportunities. Programs include an affordable housing program and youth mechanics.

02 6278 4799

Boomanulla Raiders Rugby League Football Club

Facebook: www.facebook.com/Boomanulla-Raiders-428963757247787

A senior men's rugby league football club in the George Tooke Shield competition played in Canberra and surrounding areas.

02 6125 3520

ABORIGINAL AND/OR TORRES STRAIT ISLANDER AGENCIES AND SERVICES

Burrunju Aboriginal Art Gallery

245 Lady Denman Drive, Yarramundi Reach, Canberra ACT 2601

www.aboriginal-arts.com.au

Provides local Aboriginal and/or Torres Strait Islander people an opportunity to realise their dream of self- determination through the creation of their artworks and music.

02 6251 4371

ConnXtions Training and Job Readiness Program – Northside Community Service

www.northside.asn.au

Offers Aboriginal and/or Torres Strait islander peoples a pathway to study, increase skills or embark on a new career path. Provides support and mentoring. Eligible students will receive a Community Services Certificate III. Training is delivered at the Yurauna Centre, CIT Reid.

02 6163 0434

Deadly Runners (Queanbeyan and Canberra)

Email: queanbeyandeadlyrunners@gmail.com

Open to Indigenous males and females in Canberra and Queanbeyan. Offers: improved health and fitness; the ability to run 5k, 10k, half marathon, marathon; fitness assessment and participation in running events.

02 6296 1292

Dhara Daramoolen Indigenous Higher Education Unit – Australian Catholic University

Signadou Campus, 223 Antill Street, Watson ACT 2602

www.acu.edu.au

Provides encouragement and support for enrolled Aboriginal and/or Torres Strait Islander students in their studies and a place where they can meet and work on assignments.

02 6209 1222

Dhunlung Yarra Service – Relationships Australia

15 Napier Close, Deakin ACT 2600

www.racr.relationships.org.au

Aboriginal and Torres Strait Islander therapeutic service staffed by qualified Aboriginal professionals. Services include counselling, family dispute resolution and other relationship support services.

02 6122 7100

ABORIGINAL AND/OR TORRES STRAIT ISLANDER AGENCIES AND SERVICES

Elite Indigenous Travel and Accommodation Assistance Program – Australian Sports Commission (Aust. Govt)

AIS Campus, Leverrier Street, Bruce ACT 2617

www.ausport.gov.au

EITAAP provides funding for athletes, coaches, managers or officials who have been selected in an official state/territory team to compete at national championships or the official Australian team to compete at an international competition.

02 6214 1111

Gugan Gulwan Youth Aboriginal Corporation

Gratton Court, Wanniasa ACT 2903

www.gugan-gulwan.com.au

An Aboriginal and Torres Strait Islander youth centre, providing case management services and programs to clients aged 0-25 years old including their family and carers.

02 6296 8900

Habitat Personnel

Unit 3, 31-37 Townshend Street, Phillip ACT 2606

www.habitatpersonnel.com.au

Provides employment services and support to Business and the Aboriginal and/or Torres Strait Islander communities.

02 6285 2422

Indigenous Youth Mobility Program (IYMP) Canberra

98 Hodgson Crescent, Pearce ACT 2607

www.iymp.com.au/index.php/locations/canberra

Operated by Career Employment Australia (CEA). Accommodation and support for 16-24 year olds from a remote or regional community who are undertaking education, training or employment.

02 6290 1222

Munjuwa Health, Housing & Community Aboriginal Corporation

28 Rutledge Street, Queanbeyan NSW 2620

Housing co-operative for Aboriginal and/or Torres Strait Islander peoples. Medical clinics: GP Dr Bills; Visiting Optometrist; Diabetic Clinic.

02 6297 3520

Ngambri Local Aboriginal Land Council

70 Monaro Street, Queanbeyan NSW 2620

www.alc.org.au

LALCs work for their members and the wider Aboriginal community living in their local area.

02 6297 4152

ABORIGINAL AND/OR TORRES STRAIT ISLANDER AGENCIES AND SERVICES

Ngunnawal Centre – University Of Canberra (UCAN)

Building 5, Room 13A, University of Canberra, Bruce ACT 2617

www.canberra.edu.au

Supports Aboriginal and Torres Strait Islander students through a range of academic and pastoral support programs and services.

02 6201 2454

02 6201 5894

NSW - Aboriginal Housing Office (NSW Govt)

Housing NSW, Queanbeyan Service Centre, Cnr Aurora Ave & Aurora Pl, Queanbeyan East NSW 2620

www.aho.nsw.gov.au

Provides public housing and housing related services. Eligible applicants can also access community housing , general public housing, elderly housing (over 55yrs), and other services such as Private Rent Assistance.

1800 727 555

Onerwal Local Aboriginal Land Council

94 Meehan Street, Yass NSW 2582

www.alc.org.au

LALCs work for their members and the wider Aboriginal community living in their local area.

02 6226 5348

Solid Sista's and Brotha's Aboriginal Youth Program

www.solids.org.au

For Aboriginal and Torres Strait Islander youth who have aspirations & dreams and willing to work towards achieving these. Located in Gungahlin.

solidseyouthprogram@hotmail.com

TAFE Illawarra – Queanbeyan Campus (NSW Govt)

Cnr Buttle & MacQuoid Streets, Queanbeyan NSW 2620

www.illawarra.tafensw.edu.au

You can contact the Aboriginal Education Training Unit to talk with the Aboriginal Coordinator and Aboriginal Student Support Officer. They are located at Moruya and service Bega, Cooma, Moruya, Queanbeyan and Yass: Telephone: 02 4474 1820 or 02 4474 1826

1300 766 123

Tjabal Indigenous Higher Education Centre – Australian National University

Lower Melville Hall, Building 12, Canberra, ACT 0200

www.indigenous.anu.edu.au

Provides a meeting place for Aboriginal and Torres Strait Islander students studying at the ANU.

02 6125 3520

ABORIGINAL AND/OR TORRES STRAIT ISLANDER AGENCIES AND SERVICES

Warriors – Canberra Aboriginal and Torres Strait Islander Basketball Club

Facebook: www.facebook.com/atsiwarriors.com.au

Competitions for U10-19 years.

warriorsbasketballact@gmail.com

Winnunga AHCS Boxing Club and Gym

Fyshwick ACT 2604

Facebook: www.facebook.com/winnungabox

Winnunga AHCS Boxing Club has approximately 200 members, including general and elite competitors. The gym has a range of equipment to improve and diversify its training regime, for both elite competitors, and those attending for general fitness/intermediate boxing skills.

Winnunga AHCS boxing continues to build and maintain good relationships with surrounding groups and runs sparring sessions with local and interstate gyms including professional boxer, Danny Geales, gym 'The Grange' in Sydney.

The membership base is made up of various ages, genders and demographics. The boxing program provides a combination of boxing classes and also general fitness routines to assist members manage weight loss and improve their overall fitness levels.

In addition, the program provides an opportunity for young people who may have behavioural issues or difficulties with schooling to stay engaged and actively participate in a meaningful, culturally safe and supportive program.

0409 863 934

Winnunga Nimmityjah Aboriginal Health and Community Services (Winnunga AHCS)

63 Boolimba Crescent, Narrabundah ACT 2604

www.winnunga.org.au

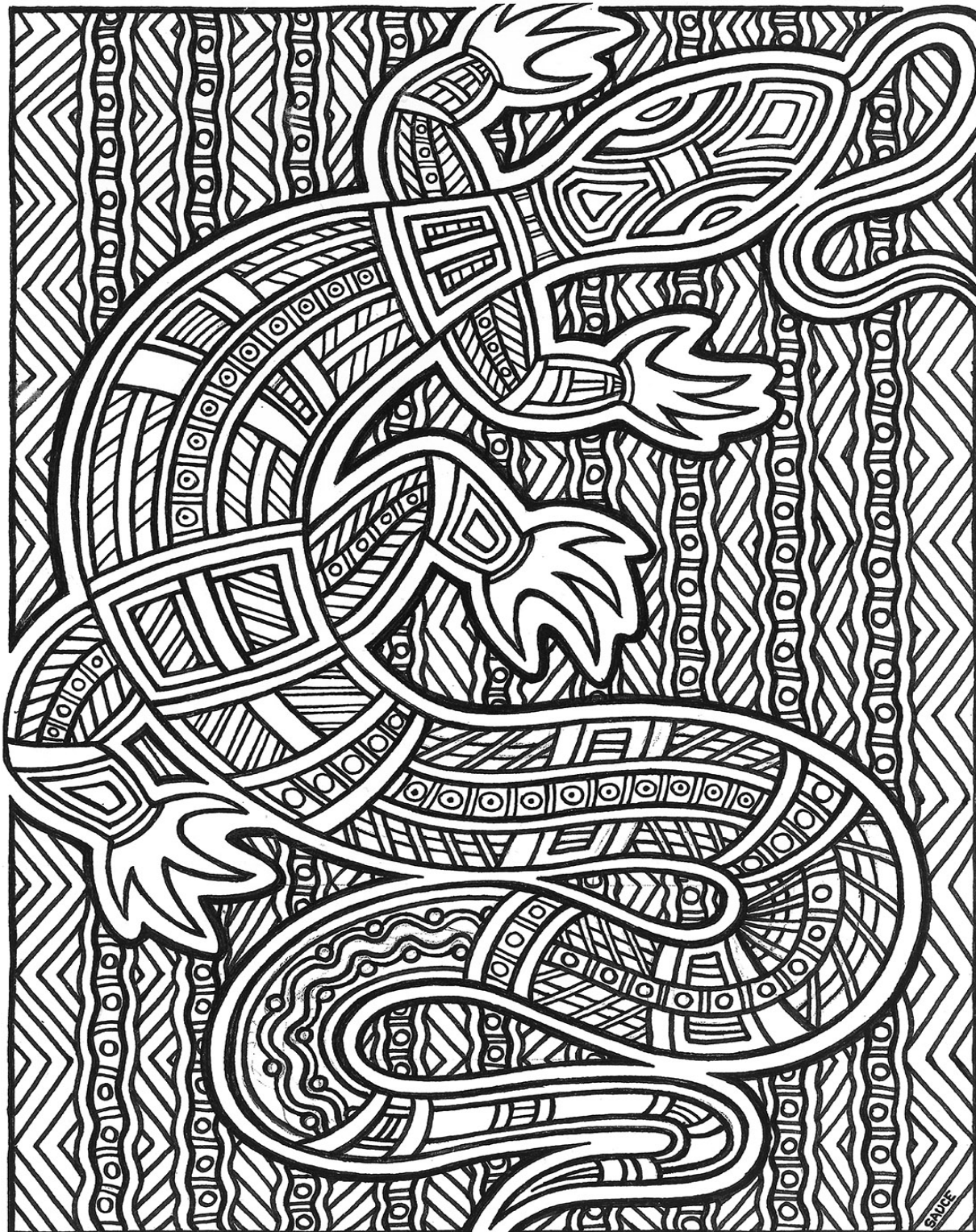
An Aboriginal community controlled and managed comprehensive primary health care service. Provides health and community services through a holistic approach, with all programs developed directly to meet the needs of Aboriginal clients. Bulk Billing, walk in service.

02 6284 6222

Adult Colouring

Adult colouring can:

- Be a calming activity
- Help you to exercise your brain
- Help you to concentrate and focus on what you are doing
- Take away negative thoughts and behaviours
- Take your mind off worry and stress for an hour or more.



Health

Emergency: Call 000

If you are seriously injured or in need of urgent medical help, your life or property is being threatened, or you have just witnessed a serious accident or crime:

1. Let them know who you want: Police, Fire or Ambulance
2. Stay calm, don't shout – speak slowly and clearly
3. Tell them exactly where you are. Give an address or location.

For more information: www.triplezero.gov.au

Medicare Card

To access Medicare benefits such as medical services, lower cost prescriptions and free care as a public patient in a public hospital, you can apply for your own Medicare card from 15 years of age.

Aboriginal and/or Torres Strait Islander peoples have the option to apply or update their details using the Aboriginal and Torres Strait Islander Medicare enrolment and amendment form. If you don't have identification, such as a birth certificate, you can get an approved referee to help identify you.

If you need help filling out the form or have any questions, call the Medicare Aboriginal and Torres Strait Islander Access Line on 1800 556 955, or visit a Department of Human Services, Medicare Service Centre.

Once you have completed the form, you can either drop the form into a Medicare Service Centre or send it to: Indigenous Access, GPO Box 9822 in your capital city, but don't forget to send all the documents required.

Winnunga Nimmityjah Aboriginal Health and Community Services (Winnunga AHCS): 02 6284 6222

Winnunga AHCS is open 9.00am - 5.00pm, Monday to Friday. No appointment is needed, and all services are free to Aboriginal and or Torres Strait Islander peoples. Winnunga AHCS provides a transport service for people who are unable to access the service due to health or other issues. Please contact the Practice Manager on 02 6284 6222 if you require assistance with transport as this needs to be pre-arranged.

Public Hospitals

If you are seriously ill, in pain or are suffering and are unable to see your GP, go to the Emergency Department at the nearest hospital:

WODEN	
Canberra Hospital Yamba Drive, Garran ACT 2605	02 6244 2222
BELCONNEN	
Calvary Health Care ACT Cnr Belconnen Way & Haydon Drive, Bruce ACT 2617	02 6201 6111
QUEANBEYAN	
Queanbeyan District Hospital Collett St & Erin Street, Queanbeyan NSW 2620	02 6298 9211
YASS	
Yass District Hospital Meehan Street, Yass NSW 2582	02 6220 2000

Aboriginal and/or Torres Strait Islander Liaison Officers are available at most, if not all, of the above hospitals during business hours. They provide support to patients and their families and information about hospital services.

National Home Doctor Service: 13 74 25

Call when you need urgent medical care (not life-threatening), but your GP is closed. All patients are bulk bulk-billed with a Medicare or GOLD DVA card. This service operates in the ACT and Queanbeyan region.

Belconnen & Tuggeranong Walk-in Centres: 02 6207 9977

Walk-in Centres are open 7.30am to 10pm daily every day of the year, including Christmas Day and New Year's Day. They provide free one-off advice and treatment for people with minor illness and injury. No appointment is necessary. Children under 2 years and people with complex or serious conditions should see their doctor. Locations are:

- Belconnen Community Health Centre, cnr Lathlain and Cohen Streets
- Tuggeranong Community Health Centre, cnr Anketell And Pitman Streets

After Hours Doctors

If you need to see a doctor after hours, following are a few options (fees may apply):

BELCONNEN	
Canberra After Hours Locum Medical Service (CALMS) Northside Surgery, Calvary Hospital, Bruce ACT 2617 Open: Mon-Fri 6pm-8.30am, Sat-Sun 6pm-8.30am, Public holidays – All Day	1300 422 567
Ginninderra Medical & Dental Centre Nettlefold Street, Belconnen ACT 2617 Open: Mon-Fri 7am-10pm, Sat-Sun 8am-10pm, Public Holidays 8am-10pm	02 6112 7111
National Health Co-op Various Locations: Belconnen, Charnwood, Evatt & Holt Open: Mon-Fri 8.30am-5pm, Sat 9am-1.30pm (Charnwood only)	02 6178 0400
GUNGAHLIN	
My GP Gungahlin Shop 113, 43 Hibberson Street, Gungahlin ACT 2912 Open: Mon-Fri 9am-8pm, Sat 9am-5pm, Sun 9am-4pm	02 6210 1015
QUEANBEYAN	
Riverside Medical Centre Riverside Plaza, 9/131 Monaro St, Queanbeyan NSW 2620 Open: Mon-Fri 9am-8pm, Sat-Sun 9am-5pm	02 6299 6333
TUGGERANONG	
Canberra After Hours Locum Medical Service (CALMS) Two locations: Southside Surgery (Canberra Hospital) and Tuggeranong Surgery (Tuggeranong Community Health Centre) Open: Mon-Fri 6pm-8.30am, Sat-Sun 6pm-8.30am, Public holidays – All Day	1300 422 567
National Health Co-op Two locations: Chisholm and Wanniasa Open: Mon-Fri 8.30am-5pm, Sat 9am-1.30pm (Chisholm only)	02 6178 0400
Hyperdome Medical Centre Shop 76, Tuggeranong Hyperdome, (ground floor between Australia Post & Pacific Smiles Dental) Open: Mon-Fri 7am-9pm, Sat 9am-5pm, Sun 9am-4pm	02 6293 3233

WODEN	
Phillip Medical and Dental Practice 33 Colbee Court, Phillip ACT 2606 Open: Mon-Fri 7am-10pm, Sat-Sun 8am-10pm, Public Holidays 8am-10pm	02 6112 7000
YASS	
My Medical Practice Yass 63 Laidlaw Street, Yass NSW 2582 Open: Mon-Fri 9am-6pm, Sat-Sun 9am-2pm	02 6226 6262

Aboriginal Male (45 years): A personal story about diabetes

I was out of town when I got a sore throat and temperature. I went to the local Aboriginal Health Service. Because I was a new client, they did a routine health check.

My sugar levels were very high and they arranged tests asap when I returned home. Soon after, I was diagnosed with Type 2 Diabetes. I don't know how long I'd had it.

It was a shock ... or maybe not. This was a disease shared by many men in our family.

I ate less junk, exercised and my weight dropped. One day I ran out of my medication. I felt good, so I didn't bother getting more medication. First thing I noticed was blurred vision. My sugar levels had gone up again.

I only went to the doctor when I needed to and ignored minor symptoms. I talk to my doctor about everything now, and make time to attend the monthly diabetes clinic. I want to keep it under control.

Sporting Firsts

1868	Cricket	The Aboriginal Cricket Team (Western Victoria) is the first ever sporting group from Australia to tour overseas. They played 47 games over a six month period. They won 14, lost 14 and drew 19. In 2002 the team was inducted into the Sport Australia Hall of Fame.
1887	Sprinting	At Carrington Oval in Sydney, Aboriginal sprinter Bobby Macdonald (Cummeragunga, VIC) used what was described as a 'kangaroo start'. The 'crouch start' used by sprinters today is believed to have evolved from this stance.
1904	Australian Rules	Joe Johnson (Newcastle, NSW) is recognised as being the first Aboriginal person to play in the Victorian Football League, making his senior debut for Fitzroy Football Club against Carlton.
1962	Rugby Union	Lloyd McDermott (Eidsvold, QLD) is the first Aboriginal person to play rugby union for the Wallabies. He later withdrew from the squad rather than tour South Africa as an 'honorary white'.
1962	High Jump Boxing	High jumper Percy Hobson (Bourke, NSW) and bantamweight boxer Jeff Dynevor (Cherbourg, QLD) are the first Aboriginal athletes to win gold medals at the Perth Empire Games (now known as the Commonwealth Games).
1964	Basketball	Michael AhMatt (Darwin, NT) is the first Aboriginal person to represent Australia in basketball at the 1964 Tokyo Olympics.
1968	Boxing	Bantamweight boxer Lionel Rose (Jacksons Track, VIC) defeated the Fighting Harada in Tokyo to become the first Aboriginal boxer to win a world title.
1970	Soccer	Harry Williams (Sydney, NSW) is the first Aboriginal person to represent the Australian 'Socceroos'.
1973	Horse Racing	Frank Reys (North Queensland) became the first ever Aboriginal jockey to win the Melbourne Cup. Despite Reys drawing the widest possible barrier, he rode Gala Supreme to victory.
1980	Basketball	Danny Morseu (Thursday Island, QLD) is the first Torres Strait Islander to represent Australia in basketball at the 1980 Moscow Olympics.
2003	Sprinting	Aboriginal sprinter Patrick Johnson (Cairns, QLD) is the first Australian to officially break ten seconds (9.93) for 100 metres.
2008	Basketball	Nathan Jawai (Bamaga, QLD) is the first Torres Strait Islander to be drafted in the National Basketball Association (NBA) Draft.
2015	Rugby League	For the first time, the NRL Grand Final is contested by two Queensland-based teams, North Queensland Cowboys and Brisbane Broncos. Teams were captained by Aboriginal player, Johnathan Thurston (Brisbane, QLD) and Torres Strait Islander player, Justin Hodges (Cairns, QLD).

Housing and Accommodation

Searching for Housing and Accommodation

When searching for housing or accommodation to rent, you may need to gather the following:

- Current photo ID.
- Details of previous rental properties such as the address, period of your residency, the name of the lessor and a contact number.
- Any written references from previous lessors/housemates.
- Any letters of support such as your employer or your sports coach.
- If you have a pet, any reference in relation to their behaviour.
- Current employment information such as the name of your employer, their address and phone number.
- Current proof of income such as gross income, payslips and bank statements.
- Finances such as bond and rent in advance.

When searching for housing or accommodation to rent, following are suggestions on ways to search:

- Newspapers: Canberra Times, Canberra Weekly and Queanbeyan Age
- Housing and Accommodation websites: Gumtree Real Estate, All Homes, and various realtors
- Various real estate shopfronts.

Housing Options

If you are on a low to moderate income, you may want to consider the following options (there are others listed throughout the resource):

HOUSING OPTIONS: LOW TO MODERATE INCOME	
Aboriginal Housing Office (NSW Govt) Housing NSW, Queanbeyan Service Centre, Cnr Aurora Ave & Aurora Pl, Queanbeyan East NSW 2620 www.aho.nsw.gov.au	
Provides public housing and housing related services. Eligible applicants can also access community housing , general public housing, elderly housing (over 55yrs), and other services such as Private Rent Assistance.	1800 727 555

HOUSING OPTIONS: LOW TO MODERATE INCOME

Housing ACT – Community Services (ACT Govt)

Unit 224 / 29 Braybrooke Street, Bruce ACT 2617

www.housing.act.gov.au

Provides social housing assistance in the ACT including public housing, community housing, affordable housing and community services in the ACT. Coordinates a wide range of support services and community participation programs for its tenants. Also assists people on low to moderate incomes with bond to rent suitable properties in the private sector through their Rental Bonds Loan Scheme.

02 6258 7716

Housing Pathways (NSW Govt)

Government Service Centre, Ground floor, 11 Farrer Place, Queanbeyan NSW 2620

www.housingpathways.nsw.gov.au

Aboriginal and/or Torres Strait Islander peoples can request to speak to an Aboriginal staff member on 1300 HOUSING. Let the operator know and they will arrange this for you. Housing Pathways is a simple way to apply for housing assistance in NSW such as public housing, Aboriginal housing and community housing, private rental assistance or for a transfer if you already live in social housing. If eligible for social housing, you will be listed on a single state-wide waiting list.

1300 468 746
1300 HOUSING
1800 422 322
Housing
Pathways

Apprentice House

85 Northbourne Avenue, Turner ACT 2612

www.apprenticehouse.org.au

Provides apprentices and trainees with support to access affordable and secure accommodation whilst undertaking an apprenticeship or traineeship in the ACT region.

apprenticehouse2606@gmail.com

Argyle Housing – Queanbeyan & Yass

Riverside Plaza, 131 Monaro St, Queanbeyan NSW 2620

www.argylehousing.com.au

Social housing and affordable housing within NSW.

02 6297 5929

Argyle Housing - ACT

Ainslie Village, 23 Quick Street, Campbell ACT 2612

www.argylehousing.com.au

Social housing and affordable housing within the ACT.

02 6162 6800

HOUSING OPTIONS: LOW TO MODERATE INCOME

CHC Affordable Housing Unit 224 / 29 Braybrooke Street, Bruce ACT 2617 www.chcaffordablehousing.com.au	
Affordable properties – for both sale and rent – to the ACT community. Charges up to 74.9% of market rent.	02 6248 7716
Common Ground Canberra 130 The Valley Avenue, Gungahlin ACT 2912 www.commongroundcanberra.com.au	
Low-cost supportive housing focused on providing quality tenant outcomes for people who have experienced chronic homelessness. Also targets low-income earners who are unable to access other affordable housing options.	02 6241 0352
Havelock Housing Association 85 Northbourne Avenue, Turner ACT 2612 www.havelock.asn.au	
Housing for people on low to moderate incomes. Offers group share, single units, and community housing and other housing programs.	02 6257 2277
Indigenous Youth Mobility Program (IYMP) Canberra 98 Hodgson Crescent, Pearce ACT 2607 www.iymp.com.au/index.php/locations/canberra	
Operated by Career Employment Australia (CEA). Accommodation and support for 16-24 year olds from a remote or regional community who are undertaking education, training or employment.	02 6290 1222
Munjuwa Health, Housing & Community Aboriginal Corporation 28 Rutledge Street, Queanbeyan NSW 2620	
Housing co-operative for Aboriginal and/or Torres Strait Islander peoples. Medical clinics: GP Dr Bills; Visiting Optometrist; Diabetic Clinic.	02 6297 3520

The following agencies may be of interest to you:

ACT Government: Access Canberra	13 22 81
NSW Government: Service NSW	13 77 88
Canberra Community Law: Housing Community Law	02 6218 7977
Tenants Union ACT	02 6247 2011

Homelessness

Many people often associate homelessness with 'rough sleeping'. Below are some common terms used to describe homelessness:

- **Primary homelessness** is also known as 'rough sleeping'. It is the most visible 'face' of homelessness and can mean sleeping in public places such as park benches, cars or makeshift shelters
- **Secondary homelessness** can mean moving between different temporary shelters for example 'couch surfing' or staying as a temporary guest with relatives and friends, or staying in crisis homelessness accommodation. Couch surfing is defined as temporarily staying with friends, relatives, family and sometimes with complete strangers
- **Tertiary homelessness** can mean people living in single rooms in private boarding houses without their own bathroom, kitchen or security of tenure.
- **Marginal tenure** can mean forms of tenure that are very close to the minimum standard of acceptable housing
- **At risk of homelessness** can mean a person is at risk of losing their accommodation. A person may be at risk of homelessness if they are experiencing issues that can contribute to homelessness such as: financial stress, rental/mortgage arrears, pending eviction, inadequate or unsuitable accommodation, domestic and family violence, unemployment and discrimination.

If you, or someone you know, fit one or more of these terms, you may want to consider contacting the following agencies:

OneLink (ACT) Ground Floor, Nature Conservation House, Corner of Emu Bank & Benjamin Way, Belconnen ACT 2617 www.onelink.org.au	
A central information and access point for all homelessness services, including emergency accommodation providers, and also works with child, youth and family services.	1800 176 468
Link2home (NSW) www.housing.nsw.gov.au	
Link2home is a state-wide homelessness information and referral telephone service for information, assessment or referral to homelessness services and support in NSW.	1800 152 152 (24/7 365 days)

Employment

Before you begin searching for employment, you may need the following:

- A current resume / cover letter.
- An original Birth Certificate
- Photo ID
- Your Tax File Number
- Your bank account details
- Your superannuation details
- Contact information for at least 2 persons to act as a referee for employment.
- Details of any medical/workplace restrictions

Following are some suggestions that may assist you to obtain employment:

- Current driver's licence / own transport
- Current First Aid Certificate
- Working with Vulnerable People Card (ACT) or Working with Children Card (NSW)
- Confirmation of Aboriginal and/or Torres Strait Islander Identity (for jobs that are classified as "identified" or "special measures").
- Responsible Service of Alcohol Certificate (Accredited Training)
- General Construction Induction Training (White Card)
- Traffic Control Course (Traffic Controller Licence)
- Asbestos Awareness (VET Course)

Unpaid work: Be open to volunteering and work experience opportunities. They can assist you to gain experience and develop networks when looking for a job.

Networking: When you are out and about, let people know you are looking for a job.

Newspapers: Examples are: Canberra Times, Queanbeyan Age, Koori Mail, The Australian.

Recruitment and employment agencies: Depending on the type of work you are looking for, you may need to shop around for a preferred agency or website. Visit their website to search for jobs. You may have to create a profile on their website or attend an interview. There are many local and national agencies. Examples are: Indeed, Seek, Hays, CareerOne, Gumtree, Frontline Retail and Employment Plus, Australia's Careers Online, Ethical Jobs, Jobs in Mining.

Government Employment Websites: Jobactive, Jobs ACT, I work for NSW, APS Jobs

Other websites: Spotless, Accor Hotels, Australia Post, Telstra, universities, banks, mining companies and airlines.

Temporary and casual employment registers: Many government and non-government agencies maintain temporary and casual employment registers via their websites.

If you have any concerns and issues in relation to recruitment and employment such as discrimination, workplace safety, rights and obligations, bullying and unfair dismissal, the following may be able to provide advice, information and referral either over the phone or online:

ACT Human Rights Commission: 02 6205 2222

Can deal with complaints about: Services for children and young people, and their carers; Services for people with a disability, and their carers; Health services; Services for older people; and Discrimination.

Australian Human Rights Commission: 1300 656 419

The National Information Service (NIS) provides free and confidential information and referrals for individuals, organisations and employers about a range of human rights and discrimination issues.

Fair Work Commission: 13 13 94

Provides advice and online tools if you have any questions about workplace entitlements.

Fair Work Ombudsman: 13 13 94

Provides advice and online tools if you have any questions about workplace entitlements.

Worksafe ACT: 02 6207 3000

To report a workplace and/or health safety concern.

The following agencies may be of interest to you:	
Aboriginal Employment Strategy	1300 855 347
APS Indigenous Careers	www.indigenoucareers.gov.au
First People Recruitment Solutions	02 6230 7666
Habitat Personnel	02 6285 2422
Indigenous Employment Australia	www.atsijobs.com.au
Maxima: Indigenous Employment Services	1300 669 859
Ochre Workforce Solutions	www.ochreworkforcesolutions.com.au
Ourmob.com.au	www.ourmob.net
Voyages Indigenous Tourism Australia	www.voyages.com.au

Johnny Cakes

- 1 cup SR Flour
- 1 cup Plain Flour
- Water (enough to form a dough)
- Pinch salt
- Preheat oven to 180°C

Step 1

Combine all dry ingredients in a large bowl, make a well in the middle and slowly add the water a little bit at a time, ensuring the mixture doesn't get too sticky.

Step 2

Place the dough on a floured board and knead until dough feels smooth.

Method 1: Roll into balls and flatten. Cook on open fire, BBQ plate or grill.

Method 2: Roll into balls and flatten. Shallow-fry in pan with lard, oil or spray.

Method 3: Divide into two balls and roll them out into log shape. Line the baking trays with baking paper. Bake for 20 minutes. Test by sticking a skewer in and if it comes out clean it's cooked.

Savoury Variations: Ground Wattle Seed; Ground Lemon Myrtle; Chia; Cheese

Sweet Variations: Cocoa Powder; Choc Bits; Dried Fruit, Nuts



Education and Training

In general, education in Australia includes:

1. **Early childhood and care**
2. **Primary school:** Kindergarten to Year 6 or 7
3. **Secondary school:** Year 6 or 7 to Year 10 or 12
Senior secondary school: Year 11 to Year 12
4. **Tertiary education:** University, Technical and Further Education (TAFE), Vocational Education & Training (VET)

Level 1 – Certificate I

Level 2 – Certificate II

Level 3 – Certificate III

Level 4 – Certificate IV

Level 5 – Diploma

Level 6 – Advanced Diploma, Associate Degree

Level 7 – Bachelor Degree

Level 8 – Bachelor Honours Degree, Graduate Certificate, Graduate Diploma

Level 9 – Master's Degree

Level 10 – Doctoral Degree

In general, training levels in Australia can be classified as:

Accredited training is assessed toward a nationally recognised qualification or statement of attainment. This training must be delivered by a Registered Training Organisation (RTO).

Non-accredited training may not be assessed or recognised, e.g. it may be provided to address a specific training need. Registered Training Organisations (RTOs) also deliver non-accredited training

ABSTUDY: Contact Centrelink on 1800 132 317

ABSTUDY can help with costs for Aboriginal or Torres Strait Islander Australians who are studying or undertaking an Australian Apprenticeship.

The following agencies may be of interest to you:	
Aboriginal Health College	02 9019 0730
The Aspiration Initiative	www.theaspirationinitiative.com.au
Australian Indigenous Education Foundation – Scholarships and Pathways Program	02 8373 8000
Clemente Canberra – Australian Catholic University	02 6284 5155
Dhara Daramoolen – Australian Catholic University	02 6209 1231
Tjabal Indigenous Higher Education Centre – Australian National University	02 6125 3520
Australian Indigenous Leadership Centre	02 6251 5770
Australian Indigenous Mentoring Experience	www.aimementoring.com
Batchelor Institute of Indigenous Tertiary Education	08 8939 7111
Yurauna Centre – Canberra Institute of Technology	02 6207 3309
Career Trackers – Indigenous Internship Program	02 8090 5765
ConnXtions – Training and Job Readiness Program, Northside Community Service	02 6163 0434
National Aboriginal College	1300 865 665
National Aboriginal Sporting Chance Academy	02 8399 3071
National Indigenous Culinary Institute	02 9125 5111
NSW Aboriginal Education Consultative Group	02 9550 5666
NSW TAFE Illawarra: Queanbeyan Campus	1300 766 123
Tranby National Indigenous Adult Education and Training	1800 601 988
Ngunnawal Centre – University of Canberra	02 6201 2454



Where can I access the internet and computers?

Libraries ACT

www.library.act.gov.au

Locations: Belconnen, Civic, Dickson, Erindale, Gungahlin, Kingston, Kippax, Tuggeranong and Woden.

Members only can access computers and the internet, word processing, spreadsheet and other office software. Bookings are made online, in person or by phone on 6205 9000. Free wireless internet access is available inside the library during library opening hours.

CBRfree Public Wi-Fi

www.digitalcanberra.com.au

CBRfree is a free outdoor public WiFi network available in the City & Surround, Dickson, Belconnen, Manuka, Kingston, Tuggeranong, at many coffee shops and other businesses and community locations. When you are in range, CBRfree WiFi will appear on the list of WiFi Networks under settings on your device. You can access 250 megabytes per day. This equates to around an hour of video content, or 50 photographs at 5 megabytes each, or 50 songs at 5 megabytes each.

Queanbeyan-Palerang Libraries: Queanbeyan, Bungendore, Braidwood

www.library.qcc.nsw.gov.au

Members and visitors can access a number of computers at each branch, with internet access, word processing and spreadsheet programs. Bookings are required (photo ID required for visitors). Free Wi-Fi is available via an access code.

Yass and Murrumbateman Libraries

www.yassvalley.nsw.gov.au/community/library

Free internet access is available at Yass and Murrumbateman Libraries. Half hour sessions on the internet can be booked up to a week in advance. WiFi access is available at the Yass Library using your own WiFi enabled device.

Community Organisations and Businesses

Some community organisations provide access to computers and the internet for their clients groups. Some businesses such as clubs, hotels, restaurants and fast-food cafes provide free wi-fi, and access to computers.



Online Resources for Aboriginal and/or Torres Strait Islander Men

Beyond Blue - Aboriginal and Torres Strait Islander Men

www.beyondblue.org.au

Information on what causes anxiety and depression in Aboriginal and Torres Strait Islander men.

Deadly Advice – ACT Human Rights Commission

www.hrc.act.gov.au

Legal information for Aboriginal and Torres Strait Islander Peoples in the ACT with topics such as Care and Protection, Discrimination at Work and Contact with Police.

Diabetes Australia – Aboriginal and Torres Strait Islander People

www.diabetesaustralia.com.au

Awareness around diabetes, prevention and early detection. The Diabetes Australia app provides information such as meal planning, latest news and health articles.

Moneysmart – Australian Securities and Investments Commission

www.moneysmart.gov.au

A wide range of information written for Aboriginal and Torres Strait Islander people such as mobile phones, buying a car and superannuation.

Racism. It Stops With Me – Australian Human Rights Commission

<https://itstopswithme.humanrights.gov.au/>

A campaign which invites all Australians to reflect on what they can do to counter racism wherever it happens. Includes resources such as tips on how to deal with racism.

Respect – The Campaign – Aboriginal and Torres Strait Islander

www.respect.gov.au

A campaign to help break the cycle of violence by encouraging adults to reflect on their attitudes, and have conversations about respect with young people. Includes various online guides and resources for Aboriginal and/or Torres Strait Islander peoples.

Stayin on Track

www.stayinontrack.com

Developed by Aboriginal men as an online resource for young Aboriginal dads. It's a site for mentoring and supporting mates to stay on track and be good dads.

Crisis and Helplines

Emergency: Call 000

If you are seriously injured or in need of urgent medical help, your life or property is being threatened, or you have just witnessed a serious accident or crime:

1. Let them know who you want: Police, Fire or Ambulance
2. Stay calm, don't shout – speak slowly and clearly
3. Tell them exactly where you are. Give an address or location.

For more information: www.triplezero.gov.au

This section provides information on some crisis and helplines delivered by government and non-government agencies.

Websites provided may include further information such as self-help resources, fact sheets, online counselling and mobile apps.

24/7 CRISIS AND HELPLINES ARE HIGHLIGHTED		
<p>1800 RESPECT www.respect.gov.au A national counselling helpline, information and support for people who are experiencing sexual assault or domestic and family violence or if you are seeking to support someone who is.</p>	<p>24 hours 7 days</p>	<p>1800 737 732</p>
<p>Aboriginal Custody Notification Service & RU OK Phone Line (ALS ACT & NSW) www.alsnswact.org.au Legal advice and RU OK phone line for Aboriginal people taken into police custody. Under NSW law, Police must contact the ALS whenever they have taken an Aboriginal person into custody. An ALS lawyer provides early legal advice, asks the Aboriginal person: RU OK? Can also contact the person's family and an Aboriginal Field Officer.</p>	<p>24 hours 7 days</p>	<p>02 8803 6666</p>

24/7 CRISIS AND HELPLINES ARE HIGHLIGHTED

<p>Alcohol and Other Drugs Helpline (ACT) www.health.act.gov.au</p> <p>Information on alcohol and other drug and associated issues; advice on assisting and managing people who may have alcohol and other drug issues; and support to people affected directly or indirectly by alcohol and drug use.</p>	<p>24 hours 7 days</p>	<p>02 6207 9977</p>
<p>Beyond Blue www.beyondblue.org.au</p> <p>Information and support to help achieve best possible mental health. Confidential calls and chats with a mental health professional. Let them know if you'd like to remain anonymous.</p>	<p>24 hours 7 days</p>	<p>1300 224 636</p>
<p>CATT – Crisis Assessment and Treatment Team (ACT) www.health.act.gov.au/our-services/mental-health</p> <p>A service used for assessment and treatment of mentally ill people in crisis situations.</p>	<p>24 hours 7 days</p>	<p>1800 629 354 or 02 6205 1065</p>
<p>Canberra Rape Crisis Centre www.crcc.org.au</p> <p>For any woman, man or child who has experienced any form of sexual abuse recently or in the past. Adult male survivors are transferred to SAMSSA (Services Assisting Male Survivors of Sexual Assault). You can use CRCC services without reporting to the police.</p>	<p>7am–11pm 7 days</p>	<p>02 6247 2525</p>
<p>Cancer Council www.cancer.org.au</p> <p>Service for cancer patients, people living with cancer, their families, carers and friends, teachers, students and healthcare professionals. Answers questions and offers emotional or practical support.</p>	<p>9am-5pm Mon-Fri</p>	<p>13 11 20</p>
<p>Carer Gateway www.carergateway.gov.au</p> <p>A national online and phone service that provides practical information and resources to support carers.</p>	<p>8am-6pm Mon-Fri (leave a message and they will call you back)</p>	<p>1800 422 737</p>

24/7 CRISIS AND HELPLINES ARE HIGHLIGHTED

<p>Disability Abuse and Neglect Hotline www.jobaccess.gov.au Hotline for reporting abuse and neglect of people with disability. Anyone can call to report cases or to find out more about the service.</p>	<p>9am-7pm Mon-Fri</p>	<p>1800 880 052</p>
<p>Domestic Violence Crisis Service (ACT) www.dvcs.org.au Supports all people affected by domestic/family violence including people who are subjected to violence and abuse and people who use violence and abuse. Men too are subjected to violence and abuse and are encouraged to contact them. Support includes counselling, outreach, access to accommodation and safety options.</p>	<p>24 hours 7 days</p>	<p>02 6280 0900</p>
<p>Elder Abuse Helpline (NSW) www.elderabusehelpline.com.au Information, support and referrals relating to abuse of older people in NSW. Assistance and information to older people, family members and frontline workers on ways to reduce and prevent abuse.</p>	<p>9am-5pm Mon-Fri (or leave a message and they will call you back)</p>	<p>1800 628 221</p>
<p>Elder Abuse Prevention, Referral and Information Line (ACT) www.communityservices.act.gov.au A confidential telephone service for callers who want to discuss elder abuse issues and seek advice and referral on options.</p>	<p>9.am-5pm Mon-Fri</p>	<p>02 6205 3535</p>
<p>The Family Relationship Advice Line www.familyrelationships.gov.au Information and support for families affected by relationship or separation issues (including parents, grandparents, children, youth, step-parents or friends). Can refer you to local services.</p>	<p>8am-8pm Mon-Fri 10am-4pm Sat</p>	<p>1800 050 321</p>
<p>Gambling Help Online www.gamblinghelponline.org.au Immediate counselling and support with a counsellor qualified in helping people with gambling concerns.</p>	<p>24 hours 7 days</p>	<p>1800 858 858</p>

24/7 CRISIS AND HELPLINES ARE HIGHLIGHTED

<p>Headspace: eheadspace www.headspace.org.au A confidential space for young people (12-25 years) or their family - can phone, email or chat with a youth mental health professional if you are worried about your mental health, feeling isolated or alone, bullying, drugs and alcohol, depression, anxiety, relationships, concerns about friends and fitting in.</p>	<p>9am-1am 7 days</p>	<p>1800 650 890</p>
<p>healthdirect www.healthdirect.gov.au Speak to a registered nurse for free health advice.</p>	<p>24 hours 7 days</p>	<p>1800 022 222</p>
<p>Helpline www.wellways.org Provides information, support and referral to people experiencing mental health issues, as well as their family, friends and carers. Every person working on Helpline has a lived experience of mental health issues and has up-to-date information about the mental health system and services available to you.</p>	<p>9am-5pm Mon-Fri ACT After Hours Service 5pm-9pm Mon-Fri</p>	<p>1300 111 500 02 6246 7180</p>
<p>Hepatitis ACT Helpline www.hepatitisact.com.au Supports people affected by viral hepatitis.</p>	<p>9am-5pm Mon-Fri</p>	<p>1800 551 800</p>
<p>Kids Helpline www.kidshelpline.org.au Telephone and online counselling service for young people aged 5 to 25. Offers practical help and emotional support when you need someone to listen.</p>	<p>24 hours 7 days</p>	<p>1800 551 800</p>
<p>Law Access NSW www.lawaccess.nsw.gov.au A free government telephone service providing legal assistance for people who have a legal problem in NSW and contact details for services that might be able to assist you.</p>	<p>9am-5pm Mon-Fri</p>	<p>1300 888 529</p>
<p>Legal Aid Helpline (ACT) www.legalaidact.org.au Help with basic legal issues such as family law disputes, neighbour disputes, criminal charges, debt, personal injuries compensation, and employment. Suggests what further action you might take</p>	<p>8.30am-5pm Mon-Fri</p>	<p>1300 654 314</p>

24/7 CRISIS AND HELPLINES ARE HIGHLIGHTED

<p>Life Line www.lifeline.org.au Telephone crisis support - suicide prevention services, mental health support and emotional assistance, via telephone, face-to-face and online.</p>	<p>24 hours 7 days</p>	<p>13 11 44</p>
<p>Mensline Australia www.mensline.org.au Confidential, anonymous and non-judgmental support. Coaching and practical strategies for managing personal relationships and shares relevant information and links to other services and programs.</p>	<p>24 hours 7 days</p>	<p>1300 789 978</p>
<p>Mental Health Access Line (NSW) www.health.nsw.gov.au Mental health advice, support and referrals for people dealing with a mental health problem and their families and carers such as clinical symptoms, urgency of care and local service options.</p>	<p>24 hours 7 days</p>	<p>1800 011 511</p>
<p>My Aged Care www.myagedcare.gov.au Information about aged care services such as different types of aged care services, eligibility and costs for services, and locating services that meet your needs.</p>	<p>8am-8pm Mon-Fri</p>	<p>1800 200 422</p>
<p>National Dementia Helpline www.fightdementia.org.au For people with dementia, their carers, families and friends, as well as people concerned about memory loss.</p>	<p>9.am-5pm Mon-Fri (or leave a message and they will call you back)</p>	<p>1800 100 500</p>
<p>Parentline (NSW) www.families.nsw.gov.au Counselling and support for parents, as well as general parenting advice and information.</p>	<p>3pm-12am Mon-Sun</p>	<p>1300 1300 52</p>
<p>QLife www.qlife.org.au Telephone and online counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI).</p>	<p>3pm-12am Mon-Sun</p>	<p>1800 184 527</p>

24/7 CRISIS AND HELPLINES ARE HIGHLIGHTED

<p>Quitline www.quitnow.gov.au A confidential telephone service available to smokers who want to quit. Can also give advice on how to support someone to quit. Ask for a Quit Pack to be sent free of charge.</p>	<p>8am-8pm Mon-Fri</p>	<p>13 78 48</p>
<p>SANE Helpline www.sane.org Talk to a mental health professional. Provides information, guidance, and referral to manage mental health concerns.</p>	<p>9am-5pm Mon-Fri</p>	<p>1800 187 263</p>
<p>Suicide Callback Service www.suicidecallbackservice.org.au Phone, video & online counselling for anyone affected by suicide.</p>	<p>24 hours 7 days</p>	<p>1300 659 467</p>
<p>StandBy Response Service www.unitedsynergies.com.au Provides an immediate response to people bereaved by suicide via a locally based 24-hour crisis response telephone number – when you do not know where to turn for help or how to find support that may exist.</p>	<p>24 hours 7 days</p>	<p>0421 725180 SupportLink Canberra</p>
<p>TeleYARN www.redcross.org.au A project that provides regular phone calls to Aboriginal and/or Torres Strait Islander peoples across NSW who would benefit from a regular yarn.</p>	<p>9am-5pm Mon-Fri</p>	<p>0429 151112</p>

**“ A man who views the world the same at 50
as he did at 20 has wasted 30 years of his life. ”**

Muhammad Ali

**“ The greatness of a man is not in how much wealth
he acquires, but in his integrity and his ability to
affect those around him positively. ”**

Bob Marley

**“ I learned that courage was not the absence of fear,
but the triumph over it. ”**

Nelson Mandela