

## A FEW WORDS FROM OUR CEO...

Hi everyone and Happy 2025!

I don't know where the holidays went – feels like we've been back at work for 3 months already!

School's back on Tuesday 28 January 2025 and we're all hoping that families have got everything they need for the kids to be ready to learn and back to school.

The Team at Connected Beginnings have been working hard to ensure that families, daycares, kindergartens and schools have everything they need for our kids to transition smoothly into their new grades or start their formal education at "Big School" Prep.

This is a very challenging time for families, especially those whose young ones are just about to enter into Prep.

In my personal experience, I found it was like I was starting back at school as there were a whole heap of expectations put on me as a parent as well around drop off and pick up times, homework, healthy eating, dress-up days, show and tell days, and my child's behaviour. I remember that feeling of not being "good enough" as a parent, because I always thought that Teacher was going to growl me because I'd forgotten to bring, contribute or complete something that was needed! I think it's important that parents are prepared for "Big School" as well and don't feel overwhelmed with all the demands that schools place on them at times.

If you have the time to become involved in your child's school through reading groups or other classroom activities, that's fantastic and I'd strongly encourage you to do that. If you don't, don't feel guilty – just make sure your child understands why you can't participate and make sure that they have everything they need so that they can participate fully in all their learning.

If you've got childcare or schooling queries for children aged between 0-5 years, the Badi Yalobaga Yuribaya Connected Beginnings Team would love to help you. Don't hesitate to come and see them at 34 Hamlet Street, or give Nikki Timor a call on 0401 171 092.

Thanks everyone and stay safe and cool.

R's  
AB



## Ingredients

- 2 Tablespoons coconut oil
- 1 onion finely chopped
- 3 cloves garlic thinly sliced
- 2 Tablespoons freshly grated ginger about a 5cm piece
- 2 teaspoons medium curry powder
- 1 teaspoon ground turmeric
- 10 – 15 fresh curry leaves
- 400 ml (13 ozs) coconut milk
- 2 medium tomatoes roughly chopped
- 1 teaspoon salt
- 600 g (21 oz) firm white fish cut into 3cm chunks
- 20 g (1 cup) chopped fresh coriander (cilantro)
- 1/2 lime juiced

## Instructions

Melt the coconut oil in a medium saucepan.

Saute the onion for about 5 minutes over a medium heat until translucent and just starting to brown.

Add the garlic and ginger, and cook, stirring gently for 1 minute.

Add the curry powder, turmeric and curry leaves, and cook, stirring for a further minute until the mixture is fragrant.

Slowly stir in the coconut milk, scraping up the spices and onion from the bottom of the saucepan.

Bring the pan to a gentle simmer. Add the chopped tomato, and continue to simmer for about 5 minutes or until the tomato begins to soften.

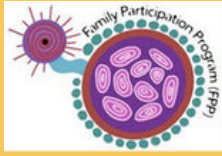
Add the fish and the salt to the sauce, and gently poach for about 6 – 8 minutes, or until the fish is cooked.

Gently stir in the coriander and lime juice.

Serve.

UPCOMING DATES  
TO REMEMBER

- **28 January - School Resumes**
- **15 March - National Close the Gap Day**
- **26 May - National Sorry Day**
- **27 May to June 3 - National Reconciliation Week**
- **3 June - MABO Day**



## FAMILY WELLBEING SERVICE & FAMILY PARTICIPATION PROGRAM



### The Indigenous Family Wellbeing Service:

Do you know that you can self-refer to the Indigenous Family Wellbeing Service (IFWS)? If your family needs support, we are here to support you. The IFWS receives many referrals, and for our team to provide the appropriate support to our families, we now have a timeframe of 8 weeks support per family.

#### Our IFWS Team

**SONETTA FEWQUANDIE - Family Services Manager**  
**KATRINA REILLY - Indigenous Family Wellbeing Worker**  
**SYED BARBA - Indigenous Family Wellbeing Worker**  
**HENRY VITI - Indigenous Family Wellbeing Worker**  
**JANEE CHOPPY - Indigenous Family Wellbeing Worker**

### Family Participation Program:

Are you and your family involved with the Mackay Child Safety Service Centre? If you need support when talking with Child Safety, FPP can support you. Please give the team a call on 07 4848 1060 to self-refer.

#### Our FPP Team

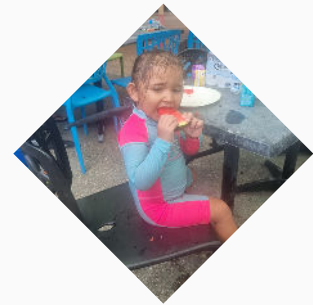
**MARCELLA ANSON - FPP Support Worker**  
**ADELE MALAYTA - FPP Support Worker**  
**JANEE CHOPPY - FPP Support Worker (Bowen/Mackay)**



**CIRCLE OF SECURITY (PARENTING PROGRAM) with Syed -** the first group commencing **04 February 2025** at MARABISDA - runs for 4wks. Please contact the office on 07 4848 1060 to register for the program

**WOMEN'S GROUP -** Commencing **06 February 2025** - runs fortnightly on a Thursday at 34 Hamlet Street, Mackay, 4740.

### Lagoon Day with MARABISDA & Connected Beginnings





We have started the year quite busy supporting all carers getting all kids ready and back to school.

The Piccaninny Team have worked hard to get a lot of our kids under Child Safety from general Foster Carers to Kinship Carers (family), Piccaninny now have 28 Kinship Carers.

- 28 Kinship Carers
- 25 General Carers
- 101 Kids under Piccaninny

On the 18th February 2025, Dimitra Fotinos the Regional Director of North Qld Region Department of Families, Seniors, Disability Services & Child Safety will be visiting our office to support carers. If anyone is interested in attending, please reach out to the Piccaninny Team on 07 4848 1060.

If you are interested in becoming a Carer or would like to know more information, please contact our Piccaninny Manager Megan Durante.

### **PICCANINNY TEAM**

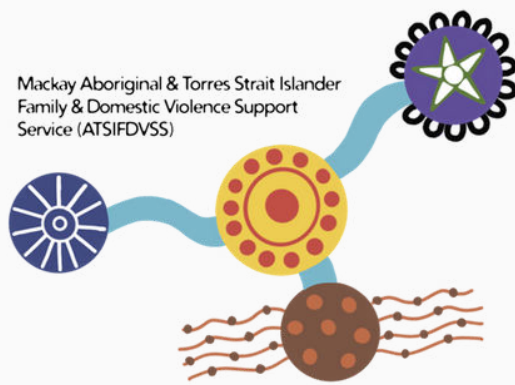
**Megan Durante - Manager**

**Tina Taylor & Danielle Bobongie - General Carer Support Workers**

**Jen Tass & Maria Tuialii - Kinship Support Workers**

**Frances Seden - Admin/Compliance**





## Ochre Ribbon Week (12th - 19th February)



We will be having an event for the purpose of supporting Ochre Ribbon Week 2025 which is an Aboriginal-led campaign to raise awareness of the devastating impacts of family violence in Aboriginal and Torres Strait Islander communities and a call for action to end the violence.

This year our team will be holding a Yarning Circle, specifically for First Nations Workers, working with DFV clients, we will be having a discussion around the topic: Vicarious Trauma and its impacts. We have also invited Melanie Kemp, of Younga Yarns into this space to share an Ochre Crushing and Painting Workshop with all who would like to participate.

A sausage sizzle and water will be provided for an early lunch.

Our event will be at Queens Park, Yarning Circle, located on the Shakespear St, side of the park.

Looking forward to sharing this space with and having this important discussion.

The Australian Government launched a new initiative campaign to help reduce the incidence of sexual violence in Australia by improving community understanding and attitudes on consent and respectful relationships.

"This national campaign encourages people to learn more about consent, talk about it with other adults, and ultimately build a shared community understanding of the topic for the benefit of the next generation."

MARABISDA and ATSIFDVSS are showing their support in this campaign by creating an awareness through community. For more information go to [www.consent.gov.au](http://www.consent.gov.au)





# Dhanba Ngadyu Mala

(Yuwibara: "Hold My Hand")

## Delegated Authority

The Dhanba Ngadyu Mala Delegated Authority team at Marabisda have met and developed family time plans with some families and family time with the children has been a positive experience especially when the children have not met or seen one another.

Tarita and Alex have been meeting with children, their parents, family members and Carers to get their views on how and when family contact should happen and what is needed for that contact to happen regularly and to make it meaningful for the child, their brothers and sisters and other family members.

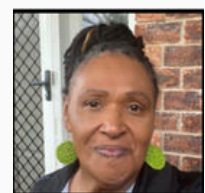
It's sad to think that there are many of our children in the child protection system who almost seem to be "forgotten" as the longer they spend in the child protection system, the more parents and families seem to drift away as they are not encouraged to have contact with their children. These children look for their family members and parents as soon as they are able to, and often parents and families have to start relationships all over again due to the years that have passed without meaningful and regular family time.

We have a target of 20 families to be referred to Delegated Authority by the end of this financial year and at present, we look like we will be very close to or will achieve this.

If you'd like to know more or even see if Dhanba Ngadyu Mala Delegated Authority can help your family, please don't hesitate to contact Tarita or Alex at the MARABISDA Office on 07 4848 1060.



Alex Cowan



Tarita Baggow



We are thrilled to invite you to the launch of The Yarnz Network, an exciting new initiative designed to bring together local business owners from the Mackay-Isaac region. This event is all about supporting Indigenous businesses, fostering collaboration, and creating a strong community network where we can all grow and succeed together.


The Yarnz Network is a space for business owners, entrepreneurs, and community leaders to come together, share ideas, and collaborate. It's a unique opportunity to build lasting relationships, find new opportunities, and have a real impact on how we support each other and shape the future of our region.

We are passionate about supporting Aboriginal and Torres Strait Islander business owners and believe that their voices are essential in shaping the future of our local economy. The Yarnz Network is designed to give you a platform to share your experiences, challenges, and ideas, and to create stronger, more meaningful connections within our community.


Whether you're looking to connect with other business owners, collaborate with like-minded individuals, or simply have a yarn over coffee, this is your chance to be part of something special that will help lift our local businesses and community.

#### Event Details:

#### The Yarnz Network

 **Date:** February 20th, 2025

 **Time:** 7:30 AM – 9:00 AM

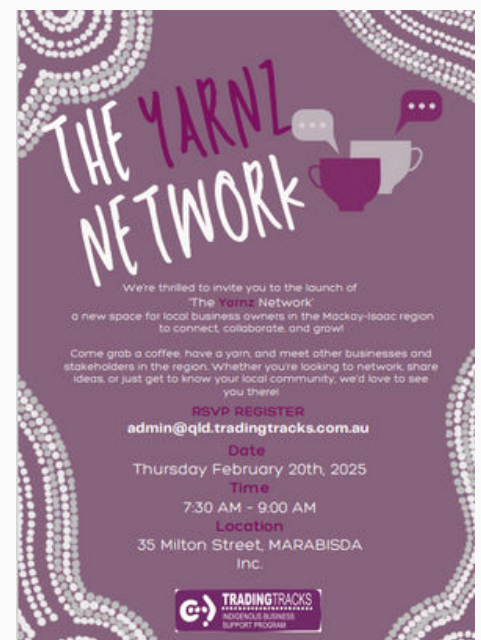
 **Location:** 35 Milton Street, MARABISDA Inc.

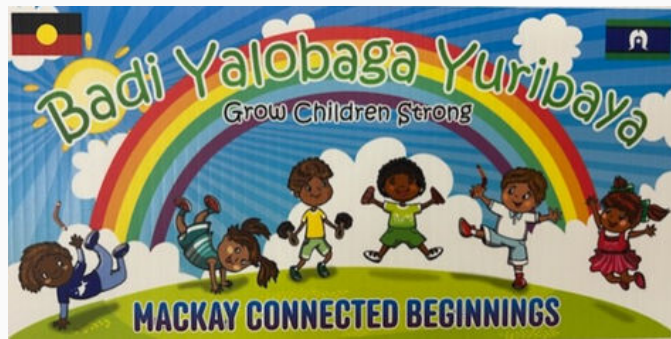
**Hosted by:** Trading Tracks

**Please RSVP to confirm your attendance by emailing  
[admin@qld.tradingtracks.com.au](mailto:admin@qld.tradingtracks.com.au)**

Let's come together to create a thriving, inclusive community where all businesses – especially Indigenous-owned – can thrive. We can't wait to see you there and start making a difference!

If you are wanting to start a business or already are in business and need some extra assistance or guidance, please contact Shardai at Trading Tracks on (07) 4848 1060 or email [admin@qld.tradingtracks.com.au](mailto:admin@qld.tradingtracks.com.au)





Welcome to the new year this Mackay Connected Beginnings also known as Badi Yalobaga Yuribaya.

Wow already we are into the second month of the year. This year we have also brought on new members to our team! We have Nikki our Project Manager, Zoe our Kindergarten Engagement Officer, Sally our Cultural Engagement Officer, and Rozena our part-time Cultural Engagement Officer.

Badi Yalobaga Yuribaya is a federally funded project for pregnant women, and children ages between 0 – 5 years. Children can get a steady wrap-around support, through services and organisations. We work hard to assist families needing Birth Certificates and Enrolments into Prep, Kindy and Daycare. Also be sure to book in transport arrangements for any upcoming Medical Appointments, Orientations and/or transitioning into Big school, Kindy and Daycare.



- BYY Playgroup Yarning Group coming up on Thursday 27th February from 9:30am – 11:30am.

This gives a chance for community voice on what will our BYY Playgroup will look like for 2025. This occurrence is delivering a culturally safe PG discussion for our Aboriginal, Torres Strait Islanders and Australian South Sea Islanders. Hoping for BYY Playgroups to start after Term 2.

Our team will be at Mackay Central State School Playgroup commencing every Wednesday from 9:30am – 11:30am.

Please feel free to contact us regarding any further information.

### ***The Team***

**Nikki Timor - Project Manager**

**M: 0422 248 161 E: [manager@badiyy.com.au](mailto:manager@badiyy.com.au)**

**Zoe Rodgers - Kindergarten Engagement Officer**

**M: 0432 322 361 E: [ceoofficer@badiyy.com.au](mailto:ceoofficer@badiyy.com.au)**

**Sally Foster - Cultural Engagement Officer**

**M: 0422 249 569 E: [pofficer@badiyy.com.au](mailto:pofficer@badiyy.com.au)**

**Rozena Dow - PT Cultural Engagement Officer**

**M: 0422 248 984 E: [ptceoofficer@badiyy.com](mailto:ptceoofficer@badiyy.com)**



# FYI



## Mackay and Surrounding Emergency Relief & Support

ORGANISATION NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>The Neighbourhood Hub</b> PH: 4957 2626 4 George Street, South Mackay <b>Phone 8:30am Mon &amp; Tues</b>	9:00am – 11:00 am ER Appointments & Food hampers Assessment must be completed. ID and Centrelink card required. 10:00am – 3pm SecondBite – Bread, Fruits & Veggies	9:00am – 11:00 am ER Appointments & Food hampers Assessment must be completed. ID and Centrelink card required.	10:00am – 3pm SecondBite Fresh Bread, fruit & Vegetables (LIMITED ITEMS)		10:00am – 3pm SecondBite Fresh Bread, fruit & Vegetables (LIMITED ITEMS)
<b>Whitsunday Food Bank Mky</b> PH: 0477 666 364 352 Bridge Road, West Mackay	9am – 3:30pm Food Bank, Concession Card Req. Next to West Mackay Post office	9am – 3:30pm Food Bank, Concession Card Req. Next to West Mackay Post office	9am – 3:30pm Food Bank, Concession Card Req. Next to West Mackay Post office	9am – 3:30pm Food Bank, Concession Card Req. Next to West Mackay Post office	9am – 3:30pm Food Bank, Concession Card Req. Next to West Mackay Post office
<b>ADRACARE</b> PH: 4951 1700 80 Milton Street, Mackay	9:00am – 4:00pm Food Hampers (One per household 3 monthly)	9:00am – 4:00pm Food Hampers (One per household 3 monthly)	9:00am – 4:00pm Food Hampers (One per household 3 monthly)	9:00am – 4:00pm Food Hampers (One per household 3 monthly)	
<b>CASA</b> PH: 4951 4299 Cnr Gregory & Alfred Streets, Mackay	8:30am – 12:00pm Food Vouchers only available 8:30am – 3:30pm Accommodation Enquires & NILS Loans Mon – Fri	8:30am – 12:00pm Food Vouchers only available 8:30am – 3:30pm Accommodation Enquires & NILS Loans Mon – Fri	9:30am – 12:00pm Food Vouchers only available 8:30am – 3:30pm Accommodation Enquires & NILS Loans Mon – Fri	8:30am – 3:30pm Accommodation Enquires & NILS Loans	8:30am – 12:00pm Accommodation Enquires & NILS Loans
<b>Mackay Churches of Christ</b> PH: 4942 4307 65 Beaconsfield Road, Beaconsfield		7:30am – 8:30am Walk-in SecondBite and other party items (as available). No intake appt. required.			
<b>Mackay Women's Services</b> PH: 4953 1788 418 Shakespeare St, Mackay	10am to 1pm Toiletries, Food & Sanitary items. LIMITED ITEMS. Assessment must be completed. SecondBite from 9am (as available)	10am to 1pm Toiletries, Food & Sanitary items. LIMITED ITEMS. Assessment must be completed. SecondBite from 9am (as available)	10am to 1pm Toiletries, Food & Sanitary items. LIMITED ITEMS. Assessment must be completed.	10am to 1pm Toiletries, Food & Sanitary items. LIMITED ITEMS. Assessment must be completed SecondBite from 9am (as available)	
<b>New Life Church</b> PH: 4953 4400 75 Evans Ave, North Mackay			9:30am – 11:00am <b>Mackay Food Hand-Up</b> Food bank	9:30am – 11:00am <b>Mackay Food Hand-Up</b> Food bank	9:30am – 10:30am <b>Mackay Food Hand-Up</b> Food bank
<b>St Vincent de Paul</b> PH: 4957 6253 10 Macalister Street, Mackay	9:00am – 11:30am Emergency food, PBS Scripts filed ID and Centrelink card required.		9:00am – 11:30am Emergency food, PBS Scripts filed ID and Centrelink card required.		9:00am – 11:30am Emergency food, PBS Scripts filed ID and Centrelink card required.
<b>Salvation Army</b> PH: 4957 3576 48 Gregory Street, Mackay		10:00am – 12:00pm Walk-in assistance – non- perishable food, toiletries, clothes <b>Financial Assistance Hotline</b> – Call Mon – Fri between 9am and 4pm PH: 1300371288		10:00am – 12:00pm Walk-in assistance – non- perishable food, toiletries, clothes <b>Financial Assistance Hotline</b> – Call Mon – Fri between 9am and 4pm PH: 1300371288	
<b>Yamadi Aged and Community Care</b> - PH: 4957 8121 Level 1/46 Macalister St, Mackay					9:00am – 12:00pm Food vouchers, ID required
<b>St Pauls Uniting Church</b> PH: 4957 3557 21 Macalister St, Mackay			9:00am – 12:00pm Food Vouchers First Wednesday of the month. By Appointment Only.		

ORGANISATION NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>The Neighbourhood Hub</b> PH: 4957 2626 4 George Street, Mackay			10am to 12pm Social gathering, meal, 2nd Bite (as available)		
<b>ADRACARE</b> PH: 4951 1700 80 Milton Street, Mackay	6:00pm – 6:30pm Vegetarian Meal				
<b>Chances OP &amp; Cafe</b> 7 Victoria Street Mackay	7:00am – 8:30am Breakfast 12:30pm-2:00pm Lunch	7:00am – 8:30am Breakfast 12:30pm-2:00pm Lunch	7:00am – 8:30am Breakfast 12:30pm-2:00pm Lunch	7:00am – 8:30am Breakfast 12:30pm-2:00pm Lunch	7:00am – 8:30am Breakfast 11:30am – 12:30pm Lunch
<b>Vinnies (with Phoenix Place)/Orange Sky</b> Cnr of Juliet St & Hamlet St	7:00am – 9:00am Breakfast Bakers Delight bead (every second Monday)				
<b>Vinnies (with Mercy College)/Orange Sky</b> Cnr of Juliet St & Hamlet St			7:00am-9:00am Breakfast Cakes by Sweets Chef		7:00am-9:00am Breakfast
<b>Salvation Army</b> PH: 4957 3576 48 Gregory Street, Mackay				10:00am-12:00pm Hot meal	
<b>Mum Watch</b> Yu Yumba Centre 9 River St, Mackay				9:00am-11:00am Breakfast (fortnightly 9/03) 11:00am-2:00pm BBQ, Burger, various food Fortnightly	
<b>YIRS BBQ</b> 72 Victoria St Mackay			11:30 am Free BBQ for young people aged 8-21		

**Charity Scams** involve scammers collecting money by pretending to work for a legitimate cause or charity, or a fictitious one they have created. Often scammers will exploit a recent natural disaster or crisis that has been in the news. These scams divert much-needed donations away from legitimate charities. Charities must be registered with government – donate confidently by checking their registration first



Last Friday Every Month  
at the Goosies  
NORTH MACKAY BOWLS CLUB





Marabisda Inc.

*Acknowledge and pays respect to the Yuibera people,  
the Traditional Custodians of the land where we live and work*

ABN 32094705973



**Marabisda Office**  
**35 Milton Street Mackay**  
**PO Box 440 Mackay Q 4740**

### **Management Committee Members**

Samantha Bliss (Chairperson)  
Adrienne Barnett (Secretary)  
Aice Sambo  
Adam Doull (Vice Chairperson)  
Stacey Kreyts  
Brendan Bishop (Treasurer)

### **MARABISDA INC.** **Contact Details**

Email: [admin@marabisda.org.au](mailto:admin@marabisda.org.au)

Phone: 07 4848 1060

**MARABISDA Inc. receives funding from the following Agencies to deliver our programs:-**



**National Indigenous  
Australians Agency**



**Queensland  
Government**



**COMMONWEALTH  
DEPARTMENT OF  
EDUCATION  
SCIENCE &  
TRAINING**



**LOCALBUYING  
FOUNDATION**  
AN INITIATIVE OF THE LOCAL BUYING PROGRAM