

September 2026 NEWSLETTER



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marabisda.org.au

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge the Traditional Custodians of the land on which we live and work, the Yuwibara people, and pay our respect to their Ancestors, Elders, and future leaders.



Marabisda Inc.



marabisda

A welcome message from our CEO



Adrienne Barnett

Waddi Mulli everyone -

The countdown to Christmas time is officially here as the last lot of school holidays come to a close - won't be long now!

On the 1st and 2nd of October, 2026, we will be holding MARABISDA's inaugural (first) Isaac Family Wellbeing Days in Dysart and Moranbah. We recognise that many of our brothers and sisters out West don't have the luxury of being able to pop into the many services we have available here in Mackay, and we want to make sure that they know who we are and how we can help. We've invited all of the community's families, as there will be other mainstream services in attendance also, including Act For Kids, DrugArm, Queensland Health, and ATSICHS with plenty of giveaways and activities for the kids. We hope we can bring some of the fun back to next month's Newsletter. Thank you to Keely here at MARABISDA for all of her hard work pulling this together and liaising with Isaac Regional Council. We appreciate you big time!



Our main reason for existing here at MARABISDA is to support our families to be safe and strong - our mob are over-represented in the Child Safety system and we really need to recognise when there are families that might need a bit of extra help to make sure that they can provide that safe environment for their kids.

One particularly good resource for parents is Parentline on 1300 30 1300 or check out their website Our main reason for existing here at MARABISDA is to support our families to be safe and strong - our mob are over-represented in the Child Safety system and we really need to recognise when there are families. If you just need someone to talk to or need further information about how we can help, there is so much information available particularly on their website. If you don't want to speak to someone on the phone, you can use their webchat function or join their parents' forum online called "My Circle". It always helps to know that you aren't alone and any issues or struggles you have, someone else would be going through the same thing or have been through and come out the other end. 13YARN is also another a free, confidential 24/7 crisis support telephone service for Aboriginal and Torres Strait Islander people. It is run in partnership with Lifeline.

If you have concerns about a family and think they could use our help before Child Safety become involved, please don't hesitate to refer them to our Indigenous Family Wellbeing Service or give Lee, Tiwi or Lyndon a call at our Family and Domestic Violence Service. You can visit our website www.marabisda.org.au for the links or just some further information about our programs and how we work in the community.



UPCOMING EVENTS

NUTURING OUR NEXT GENERATION



OPEN DAY

THURS OCT 15TH

9:30AM-12:00PM

9 ROBIN ST. SLADE POINT

CONTACT: ZOE
0422 248 984



FIRST NATIONS BUSINESS EXPO



THURSDAY, OCT 22



8:15AM-2:00PM



MECC, NORTH FOYER

Register Attendance [HERE](#)

RSVP by Oct 16th

MCB GRANDPARENT'S DAY



FRIDAY OCT 16TH

10AM-2:30PM

ANDERGROVE
COMMUNITY HALL

rsvp by oct 12th
Sally - 0422 249 569

MEET THE ATSIFDVSS TEAM

Lee



MANAGER

Tiwi



FEMALE DV
SUPPORT

Lyndon



MALE
DV SUPPORT

program spotlight!

Aboriginal and Torres Strait Islander Family and Domestic Violence Support Service

From July to September, MARABISDA's Aboriginal and Torres Strait Islander Family and Domestic Violence Support Service continued working towards its service delivery KPIs while responding to the needs of individuals and families across Mackay, Whitsunday and Isaac.



The team supported clients with safety planning, counselling referrals, court matters, housing advocacy and practical assistance. Brokerage funding helped address immediate needs, including accommodation, food, transport, storage and removal costs. This support was particularly important for people leaving violence or facing housing instability.



Community engagement remained a strong focus throughout the quarter. Staff connected with local services, attended stakeholder meetings and promoted the support available through ATSIFDVSS, including Weaving Stories – Our Women's Journey of Healing and the Men's Respondent Program.

The quarter also highlighted the dedication of staff working with clients whose circumstances are often complex and urgent. Alongside direct support, the team continued to strengthen case management practices, timely client contacts and record keeping to help meet program requirements.

We thank our staff and partner organisations for their continued commitment to supporting safer futures for Aboriginal and Torres Strait Islander individuals and families.



Parenting Tip

Have you ever thought that you are giving your children accidental rewards. These are so easy to give without even realizing it! In short, accidental rewards are things we give our child that stop the behavior in the moment, but end up reinforcing the behavior in the future. The message your child is getting is – “If I keep showing this behaviour, I will get what I want”. This is the message we are sending as parents. Instead of giving the child a reward to stop their behaviour because it is easier for the parent, parents may want to think of other strategies. Time out or taking away devices or favourite toys for a time period.

QUOTE OF THE MONTH

"We all want to give our kids a good future. But it's hard to be a parent. It's even harder to be an Aboriginal mum when everyone tells you you're not good enough. I hear those people in newspapers, on tv and all over Alice Springs every day. I want you all to know that we Aboriginal parents do love and care about our kids."

Megan (Dujan's mother) - how she feels about the movie "In My Blood It Runs"

program updates



FAMILY PARTICIPATION PROGRAM (FPP)/INDIGENOUS FAMILY WELLBEING SERVICE (IFWS)



The Marabisda Sarina Playgroup commenced on the 19/08/26. The playgroup is held fortnightly and more families are becoming aware and attending.

You don't have to be a client of Marabisda as we welcome any family that wants to attend with their little ones. The Playgroup will be having important guests attending from time to time to provide some information to our families. This may include QLD Health Child Health, Centrelink and our DV service to name a few.

It is a great environment to come with your little ones so you as parents have the opportunity to sit and yarn with other parents, build relationships, and learn about early childhood milestones.

So spread the word as you are all invited to attend.

MACKAY CONNECTED BEGINNINGS

Spring has arrived, and Team Badi has been making the most of the beautiful weather and getting out and about in our community!

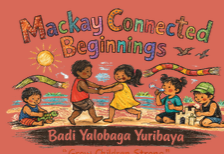
We visited several Early Years Learning Centres, including Eden Academy Rural View, Mackay Christian College Early Learning Centre and Lady Gowrie Bucasia Community Kindergarten. We shared stories such as Our Flag, Our Story and Somebody's Land, along with fun activities including collage and show and share of Torres Strait Islander items.

We also stepped up our bubble game at Party in the Park, celebrating Child Protection Week with our friends — including some gigantic bubbles floating high above the park!

A big thank you to Slade Point State School for inviting us to your Culture Day Concert. We were amazed by the deadly performances and the incredible talent on display!

We also held our last playgroup for the term at Queens Park. Thank you to all our families who came along, shared a yarn and played with us. We look forward to seeing everyone again after the school holidays!

Stay safe, enjoy the break and keep growing strong! ❤️



PICCANINNY KINSHIP & FOSTER CARE

2/17 Macalister Street

We are also excited to share that Piccaninny's Family Connection Safe Place Room is now up and running, providing a welcoming and supportive environment where children and families can come together for family contact visits.

Together, we can help children stay connected with the people who matter most. ❤️



DELEGATED AUTHORITY

DA Team continue to work with our families, in and around our community with Family Connection Time.

Recently our team supported a young sibling group celebrate one of the children's birthdays by coming together sharing afternoon tea and most importantly cake and blowing out candles.

It was a great afternoon of this sibling group to spend time together on such a special occasion.

The beginning of many Family Contact Time being supported by us and carer's.



TRADING TRACKS



We continue to celebrate our BDO, Shae! ❤️🎉

We couldn't be prouder of our BDO, Shae Ridgeway, who recently travelled to Brisbane to represent Central Queensland at the State Finals of the Queensland Training Awards. Shae has had such an incredible year, being named a finalist in both the Aboriginal and Torres Strait Islander Student of the Year and Bob Marshman Trainee of the Year categories at the Central Queensland regional finals, and taking home the Bob Marshman Trainee of the Year Award. While Shae didn't take home the win at the State Finals, making it that far is an incredible achievement in itself. We are so proud of the journey she has been on and the growth we've seen in her since joining the QTT team. It has been beautiful watching her step into her role, build her confidence and continue to shine. We're so proud to have Shae as part of our QTT team and can't wait to see where her journey takes her next. ❤️

Save the Date – The Yarnz Network

Our next The Yarnz Network will be held on 19 November. More details to come!



September Trauma Tip

Talking about suicidal thoughts does not increase them, Listening without judgement, showing compassion and helping someone connect with support can create a space for a person to feel heard rather than alone.

Changing the narrative also goes beyond individual conversations. It means building communities where asking for help is accepted, improving access to care and ensuring suicide prevention remains a priority for governments, workplaces, services and communities.

Sometimes letting someone know, "I'm here, and i'm listening" can be an important first step towards support.

Source: Trauma Assist 23rd Edition Empowered Magazine



[ACCESS HERE](#)

Marabisda Programs

Visit our website to learn more about our Marabisda programs!

[MARABISDA WEBSITE](#)

Feel free to enquire if you're looking for support, if we can't support you, we will refer you to others who can

What have we been up to?

ISAAC FAMILY WELLBEING DAY EVENTS



PARTY IN THE PARK



A Little Help for Mum

You don't need to set aside extra time for "learning" with your baby. Talking, singing and describing what you're doing during everyday moments helps build the foundations for their language and communication skills.

During nappy changes, feeding or bath time, simply talk through what's happening — "Let's get your clean nappy on" or "Now we're washing your little toes."

A Powerful Message for Mum

There will be days you feel exhausted, and days you wonder if you're doing enough. But every cuddle, every feed, every sleepless night, every little decision you make with your baby in mind, you are doing something incredibly important.

Your baby doesn't need a perfect mum. They need you.

Trust yourself. Give yourself grace. Ask for help when you need it.

EVENT FLYERS



AUNTY SONETTA'S RECIPE

Shepherd's Pie

Ingredients:

- 1 x small tray of mince
- 1 x brown onion
- Garlic (fresh or bottled)
- 1 x small packet of frozen mixed veges
- All purpose flour (self-raising or plain)
- Old Cathay soya sauce
- Tomato sauce
- 6 x medium potatoes
- Grated Cheese

Method:

1. Lightly fry onion and garlic in butter or oil till soft
2. Add mince and break up while cooking (preferably no lumps) until browned
3. Add ¼ cup of old cathay soya
4. Add ¼ cup of tomato soup
5. Add mixed vegetables to your preference
6. Cook until frozen veges soften
7. Add two large table spoons of flour to thicken
8. Simmer for 5 minutes
9. Take off the stove to cool
10. Peel potatoes and boil till soft
11. Drain water
12. Add butter and milk to taste then mash
13. Put cooled mince mixture in medium tray
14. Add mashed potato to the top of the mixture (as thick as you like)
15. Sprinkle with cheese and put into oven until lightly browned.



Marabinda Word Search

PROGRAM THEME: QUEENSLAND TRADING TRACKS

A	P	H	N	D	V	Y	L	E	N	O	X	I	Q	B
U	G	D	B	E	Q	J	R	S	T	V	R	S	T	K
E	A	R	G	P	W	N	Y	Z	I	E	K	X	H	R
T	N	F	O	H	Z	I	V	L	P	W	C	P	R	F
O	B	D	L	W	J	Q	M	R	N	C	V	Y	I	P
L	R	N	I	D	Q	F	E	H	D	O	N	E	V	H
N	L	W	H	X	T	S	B	W	Z	N	B	K	E	L
Y	O	V	A	K	E	B	I	K	F	N	P	B	G	I
C	B	F	L	N	M	J	A	H	Q	E	N	E	L	D
H	E	I	T	N	E	N	D	O	J	C	C	T	M	H
N	J	M	P	G	O	T	M	K	R	T	U	A	B	Q
A	D	H	P	C	R	L	A	F	H	N	R	C	J	O
O	E	L	R	O	G	B	J	R	I	V	L	O	E	I
C	M	B	I	K	W	I	D	S	B	K	Q	V	K	W
G	F	Q	L	J	B	E	O	K	T	E	H	D	S	H
R	A	P	O	H	M	Q	R	C	F	P	L	A	F	D
D	L	F	N	A	R	I	G	L	S	A	M	E	G	J
K	J	S	T	R	E	N	G	T	H	E	N	T	C	P
H	C	E	I	D	G	B	J	I	A	K	H	L	F	H

- CONNECT
- EMPOWER

- ADVOCATE
- REPRESENT

- STRENGTHEN
- GROW

- CELEBRATE
- THRIVE

Understanding matters



Did you know...

Delegated Authority gives Aboriginal and Torres Strait Islander families and communities a greater say in decisions about the care and wellbeing of their children?

It supports Aboriginal-led decision-making, helping keep children connected to their family, culture, community and Country.

Learn more about Delegated Authority and how it supports Aboriginal families through Marabisda.

PROVIDED BY MARABISDA DELEGATED AUTHORITY

**Mackay & surrounding
support services**

CASA:

CASA (Community Accommodation & Support Agency) provides crisis accommodation, community housing, and tenancy support. It helps people find stable homes, prevents homelessness, and offers financial or care programs. **PH 4951 4299**



ATSICHS:

ATSICHS Mackay Ltd is committed to providing holistic health care to raise the health and wellbeing of Aboriginal and Torres Strait Islander people in the ATSICHS Mackay Ltd Service Area.

PH 4957 9400



BRAVEHEARTS:

Our Mission is to provide a coordinated and holistic approach to the prevention and treatment of child sexual abuse.

PH 4953 6600



TOGETHER STRONG CONNECTED CARE:

is a free, culturally safe, community-based initiative targeting Type 2 Diabetes for Aboriginal, Torres Strait, and Australian South Sea Islander people

PH 0477 365 283



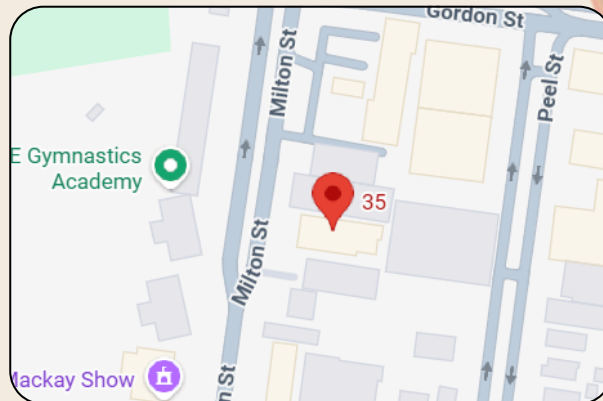
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MARABISDA WEBSITE



MARABISDA FACEBOOK



MARABISDA INSTAGRAM

