

Goldbridge Newsletter June 2019

Cultural Awareness Day

Goldbridge proudly acknowledges the First Nations People as the Traditional Custodians of the land and waters throughout Australia. Goldbridge Therapeutic Community is positioned within the Kombumerri and Yugambah land, which is a larger part of the Bundjalung Nation. As a connecting and diverse workplace, we recognise the continuing connection of the First Nations People to their community and culture. Goldbridge is enriched by exploring and celebrating Aboriginal and Torres Strait Islander People for their heritage, leadership, cultural guidance and expertise.



We pay respects to Elders past present and future.

The discovery of Aboriginal culture, along a guided magical mountain, beachside tour.



Jellurgal Aboriginal Cultural Centre

As part of our Cultural Awareness Training and the development of our Reconciliation Action Plan, the Goldbridge Team visited the Jellurgal Aboriginal Cultural Center in Burleigh heads to learn about local Aboriginal history and the cultural significance of the area. Staff enjoyed lunch at the park with time to chat and catch up before entering Jellurgal. The tour began with a visual presentation of the rich history in their Dreaming Amphitheatre then a guided walk around the 'Dreaming Mountain' (Burleigh Headland).



It didn't take long before we saw an Ochre Pit along the left of the walking track. The Jellurgal guides offered an ochre ceremony. At first it looked just like a rock face and clay, but upon closing inspection it is all different colours. The guides explained that different colours are used for different occasions. We learnt white ochre is universal and can be used for all occasions whereas red ochre is used for sorry business and funerals. Red ochre represents life, it is a very powerful colour and sends a very powerful message when a person wears red ochre.

It was a great hand-on learning experience with the ochre sourced from the rich mountain. The tour staff collected some ochre, mixed it with water until it became a paste. They then allowed us to paint our bodies with it and the Jellurgal guides gave us all blessing on the mountain that day.

Walking around the headland, our tour guides told stories of the significance the area plays in Aboriginal culture and stories of the area from years ago and what it meant to First Nations People. We learned that the headlands contain sacred sites for women's business and harsh tribal punishments. We were also taught the significances of stories of the rich history of the area, handed down orally through generations of Indigenous Australians.



“Connecting to Country”

To walk on our country and develop the intimate connection

The Didgeridoo at Jellurgal

After our guided walk we returned to the Dreaming Amphitheatre. Here we learned about traditional music and dance. We learned that didgeridoos were traditionally made from eucalyptus tree trunks and limbs hollowed out by termites. Customarily the Didgeridoo was cut and cleaned out with a stick or sapling. The didgeridoo is men’s business and only men play this. The didgeridoo was traditionally used as an accompaniment along with chants, singers with tapping sticks and dances, often in ceremonies that First Nations People still enjoy today. Our male staff were given the opportunity to try the instrument.



***A fantastic day was had by all at Goldbridge Rehabilitation Services.
Thank you to the Jellurgal Aboriginal Cultural Centre.***

National Families Week – Goldbridge Family Day celebrations 18th May 2019

The aim of National Families Week is to celebrate the vital role that families play.

Goldbridge hosted a special luncheon for residents and their families. A total of 57 family members attended including parents, children, Aunts, Uncles and other loved ones. Everyone had a great day playing community games, making sand art pictures and some even took part in a colouring competition. Families had an opportunity to interact with their loved one, other families, volunteers and staff. National Families Week coincides with the United Nations International Day of Families on 15 May. This day is observed by the United Nations to mark the importance of families throughout the world.



National Volunteer Week – Goldbridge Celebrating Volunteers



National Volunteer Week is the annual celebration to acknowledge the generous contribution of our volunteers in Australia.

The theme for National Volunteer Week 2019 which is held 20th to 26th May 2019 was 'Making a world of difference'.

Goldbridge held a special luncheon for the Goldbridge Volunteers on Wednesday 22nd May 2019. The CEO presented our volunteers with a Certificate of Appreciation in recognition of their contribution to Goldbridge and special emphasis was made of the amazing effort Goldbridge volunteers give to the program, it residents and stakeholders.