

National Empowerment Project

Promoting Cultural, Social and Emotional Wellbeing

National Advisory Committee and
Partner Organisation
meeting to be held on
Monday 7th December
in Perth

CSEWB Program - Kuranda and Cherbourg

Adele and Carolyn visited Ngoonbi Community Services Indigenous Corporation (changed name) in Kuranda with the Queensland Mental Health Commissioner, Lesley van Schoubroeck and Denise Andrews from the Queensland Mental Health Commission. Thank you to Ngoonbi for supporting this meeting and to Lionel Quartermaine for chairing and the biggest thank you to Denise Tranby who prepared a delicious lunch for all of us.

Lesley provided a 5 year in principle commitment to support the ongoing delivery of the NEP CSEWB program in Kuranda and Cherbourg. Glenis Grogan is busily putting together the funding submission for the 5 year plan.

After the meeting we drove out to Mona Mona in the fabulous company of Elders, Aunty Ray, Aunty Minnie and Rhonda Brim. We would like to take this opportunity to thank you for your time and graciousness.

At Mona Mona - From left to right: Minnie Maggable, Denise Andrews, Carolyn Mascall, Rae Kelly, Bronwyn Murray, Lesley van Schoubroeck and Rhonda Brim.



**NEP newsletter
November 2015**

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Western Australian NEP Team Meeting

A WA NEP team meeting was held in Perth with organisational representatives from Perth, Narrogin, Northam/Toodyay and Broome.

The team discussed ways forward for the WA NEP sites.

Mildura – Mallee District Aboriginal Service implementing CSEWB program

Mallee District Aboriginal Service in Mildura will be implementing the CSEWB program in February 2016. The MDAS has the capacity to deliver one round of the program and hopes to secure funds for further program implementation in the future.

Indi Clarke will facilitate the delivery of the program with the assistance of co-facilitators. Adele will visit the MDAS prior to the program delivery to assist Indi.

Geraldton – Geraldton Regional Aboriginal Medical Service implementing CSEWB program

GRAMS will be delivering the CSEWB program to their Health Workers in the very near future as the first program implementation in Geraldton.

NEP Training Workshop

A co-researchers' workshop will be held in Perth in January 2016 (date to be confirmed)

Ideally we would like all co-researchers to attend this workshop. Please let Carolyn know of the dates that will or will not suit you in January.

Conferences

Pat attended the Healing Our Spirit Worldwide Seventh Gathering in New Zealand, 15-19th November. Pat, Tjalaminu Mia and Aunty Roma Winmar presented a keynote address – A Sense of Hope. Members of the NEP team, Deb Woods from Geraldton Regional Aboriginal Medical Service attended the conference and Richard Weston from The Healing Foundation presented “Creating the Space for Healing – Establishing the National Aboriginal and Torres Strait Islander Healing Foundation in Australia.



Tjalaminu Mia and Pat Dudgeon



Adele recently went to Vancouver, Canada to attend the International Initiative for Mental Health Leadership (IIMHL) conference on behalf of the National Aboriginal and Torres Strait Islander Mental Health Leaders group from 20-25 September. Whilst over there she also spoke and promoted the work of the NEP during the 2-day Indigenous leadership exchange program. The next IIMHL gathering will be in Australia in early 2017.

Musqueam Tribal group members and Adele Cox

Mental Health Week 4 – 10th October 2015

Pat on Q & A - ABC TV's Q&A: "Shine a Light on Depression"

October 6, 2015 - Prof Pat Dudgeon joined the discussion on [ABC TV's Q&A episode "Shine a Light on Depression"](#).

Pat also interviewed for NITV and various other media during mental health week. These links are available on the NEP website.

Human Rights Medal 2015

Pat is one of five people shortlisted for 2015 Human Rights Medal - The five Australians shortlisted are "exceptional and inspiring individuals," according to Australian Human Rights Commission president, Professor Gillian Triggs.

"These five outstanding Australians have come from different walks of life but they share a commitment to freedom, justice and equality," Professor Triggs said.

Professor Triggs congratulated Professor Dudgeon on her dedication to improving the mental health and wellbeing of Aboriginal and Torres Strait Islander peoples.

The Human Rights Commission will present the annual Human Rights Awards on 10th December at a lunch at the Westin Hotel in Sydney where Professor Triggs will deliver a keynote speech on the future of Human Rights in Australia.

If you would like more information please [click here](#)

New NEP Team Member – We welcome Ashleigh Owen to the NEP team.

Ashleigh will be working two days a week at UWA (Thursday and Friday). Ashleigh has been re writing the WA funding submission and has been working on the 11th NEP Progress Report.

Website

We encourage you to check out the website for updates and to contribute news to the website. Please let Carolyn know any news of interest relevant to you and your community that we can post on the website.

If you haven't done so already, go to the website to see the following videos: -

- [Resilience](#)
- [NEP Advisory Committee Meeting February 2015 – Highlights](#)
- [Indigenous Suicide Prevention Roundtable June 2014 – Highlights](#)
- [The National Empowerment Project – Building communities capacity through empowerment, healing and leadership](#)

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