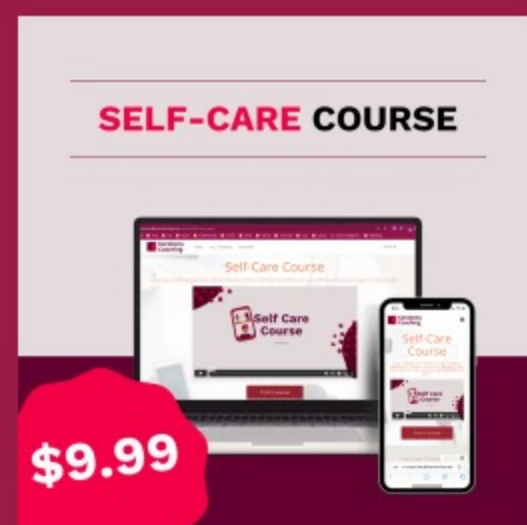


## Seeking First Nations Peoples' experiences in Victorian Hospitals

[Karabena Consulting](#) has been contracted by St Vincent's Hospital Melbourne (SVHM) to undertake a [multi-year cultural safety audit](#) (please refer to our website for additional information) to explore the experiences of First Nations patients and staff regarding cultural safety issues and to improve the cultural safety of the hospital's services.

During the first year, we reviewed [St Vincent's Historical Complaints](#) made by Aboriginal and/or Torres Strait Islander patients, their families and kin. One of the recommendations that came out of this piece of work is for SVHM to develop a culturally safe feedback process for First Nations people.

We will be holding a focus group on the 4th of April between 10am-12pm. If you, or someone you know, have experience with feedback processes within hospitals in Victoria and would like to contribute to improving the cultural safety of receiving and responding to feedback, please [sign up here](#).



### Our new self-care course

[Introducing Our New Self-Care Course: The Path to a Healthier, Happier You!](#)

Self-care has never been more critical, and we're here to help you make it a priority in your life. Our Self-Care Course is designed to teach you about the various self-care practices, and how to implement them in

your daily life. Self-care is more than just bubble baths and face masks. It's a holistic approach to caring for your physical, mental, emotional, and spiritual well-being. In our Self-Care Course, you'll learn about the various types of self-care, including spiritual, cultural, physical, emotional, social, professional, financial, psychological, and trauma-informed self-care. You'll also receive a workbook to help guide you through each lesson and develop your self-care plan.

Studies have shown that incorporating self-care into your routine can have numerous benefits, including reduced stress and anxiety, improved sleep, increased energy and focus, and a more positive outlook on life. Additionally, taking care of yourself can improve your relationships, boost your self-esteem, and lead to a more fulfilling life.

That's why we're excited to offer this comprehensive self-care course for only \$9.99. Investing in yourself and your well-being is the best investment you can make.

Don't wait. Enroll now and start your journey to a healthier, happier you. Your mental and emotional health is worth it!

### New Project Alert! - Commonwealth Games 2026 Victorian RAP.

Karabena Consulting is thrilled to announce its participation in a consortium with Atticus Now, Karen Milward Consulting, Brian Stevens from Warigamolla Consulting, and Jody Barney from Deaf ICC and Little Rocket.



The consortium has successfully tendered for a project that aims to bring together a diverse group of stakeholders and give them a platform to have their voices heard. The project involves the use of co-design forums, where stakeholders will have the opportunity to present their thoughts and receive feedback on the overarching framework and regional RAP plans. The forums will provide a dynamic space for stakeholders to engage in meaningful dialogue and contribute to the design process in a meaningful way.

This is an exciting opportunity for Karabena Consulting and the consortium to kickstart the new year and positively impact the communities we serve. We look forward to working with our partners and the stakeholders to ensure that their perspectives and needs are at the forefront of the design process.

### Ilan Style - Our new tea brand.

We are thrilled to introduce [Ilan Style](#) as a 100% Torres Strait Islander-owned brand inspired by the rich heritage and culture of the Meriam People. Ilan Style's mission is to bring the unique and diverse flavours of the



Torres Strait Islands to your cup and honour the history and traditions of our people through every sip. Led by Professor Kerry Arabena, a descendant of the Meriam People from Murray Island, who brings her passion for preserving and celebrating our heritage to every aspect of our brand. As a leading voice for Indigenous health and well-being, Professor Arabena brings her expertise to creating our products, ensuring that each one is delicious and nourishing for the body and soul.

At Ilan Style, we believe in caring for ourselves and our loved ones and the power of tradition and culture to bring us together. We are dedicated to sharing the beauty and richness of the Torres Strait Islands with the world and promoting our people's health and well-being through every cup of tea we offer.

We invite you to join us on this journey and to taste the flavours, stories, and traditions of the Torres Strait Islands for yourself. Ilan Style offers you the best if you're a lifelong fan of tea or simply looking for a new way to care for yourself and your loved ones.

Connect with us on social media

