

Hi Karabena community,

We are hitting the ground running for the rest of the year with our Victorian Aboriginal Early Years Health Frameworks Stakeholder Workshops. These are happening all across Victoria so we'd love to catch up with everyone across the state!

We've also published our EMPHN Forum Report, and Kerry and David went to the VACCHO Cancer Partnership workshop.

Finally, it's a challenging time in the Indigenous Community, so we wanted to extend our love and support to everyone. Read some self care tips from our sister company Ilan Style to help you look after your mental health during this time.



### Victorian Aboriginal Early Years Health Framework Stakeholder Workshops

Karabena Consulting has been engaged by the Victorian Department of Health (DH) to conduct an Aboriginal-led participation and design process of a holistic Victorian Aboriginal Early Years Health Framework.

As part of this process, Karabena Consulting is holding workshops with professionals and stakeholders invested in the early years to inform the development of a statewide Framework.

If you are a stakeholder/service provider of Aboriginal and Torres Strait Islander early years health working in the Morwell region, you are warmly invited to participate in a workshop to provide your input into shaping the Framework. Your insights and experience working with Aboriginal communities is invaluable in ensuring the Framework is culturally safe and responsive to the needs of Aboriginal children and families.

If you are of Aboriginal and Torres Strait Islander descent you are particularly welcome to join us.

#### October Dates

- [12 October - South East Metro](#)
- [13 October - Eastern Metro](#)
- [17 October - Bendigo](#)
- [19 October - Western Metro](#)
- [20 October - Northern Metro](#)

#### November Dates

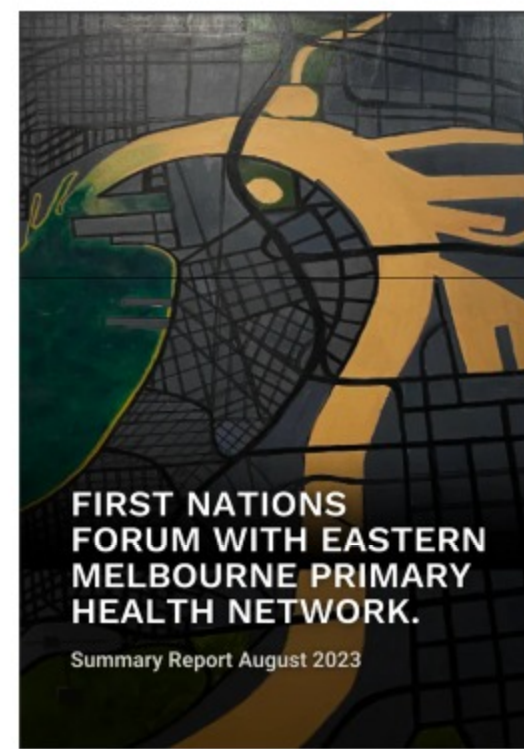
- [2 November - Geelong](#)
- [3 November - Warrnambool](#)
- [9 November - Morwell](#)
- [10 November - Bairnsdale](#)
- [21 November - Ballarat](#)
- [23 November - Echuca](#)
- [24 November - Shepparton](#)

More dates and locations will be announced soon. You can find all the information and dates for the **Stakeholder Workshops** [here](#).

We also are running **Parent and Carer Forums** in the same locations, so if you or someone you know may be interested in attending please feel free the details on. To ensure a culturally safe space these Parent and Carer Forums are reserved for Aboriginal and Torres Strait Islander Parents and Carers, and/or Parents and Carers of Aboriginal and Torres Strait Islander children.

### New Publication: EMPHN Forum Report

The Eastern Melbourne Primary Health Network (EMPHN) has made significant strides towards bolstering community representation within its governance and advisory panels. It has successfully transitioned from a conventional, passive model of funding distribution to a more proactive and inclusive one.



A Workshop was facilitated by Karabena Consulting to further investigate enablers and barriers to support health and wellbeing outcomes in the region.

The Leadership group remain committed to fostering the identity, self-determination, and safety of individuals within our communities. The strategies have expanded to include more comprehensive resource provisions, respectful engagement, and enhancing community confidence. Efforts to cultivate cultural safety and self-determination are persistent, with a keen focus on embedding these elements in funded services.

[Read Full Report](#)

### Updates on Life at Karabena

Read more about what we've been up to lately and follow our socials to keep up to date with our progress.



#### VACCHO Cancer Partnership Workshop

Kerry and David went to the VACCHO Cancer Partnership Workshop. Thanks to everyone who attended and participated!



#### Self-Care in the lead up to the referendum

It's a particularly stressful and tense time at the moment in the lead up to the referendum. For Aboriginal and Torres Strait Islander peoples especially the constant debates and conversations can really take a toll. Here are some tips for taking care of yourself during this time.

[Read article](#)

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