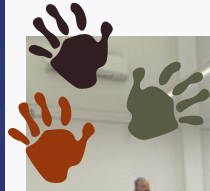


Upcoming Community Events



WALHALLOW
ABORIGINAL CORPORATION

MONTHLY NEWSLETTER | MAY/ JUNE 2025



Flu season is here — protect yourself and our community by getting your flu vaccination. Staying healthy helps keep everyone safe. Contact our friendly Walhealth team to book your appointment today.

Sorry Day 2025

On May 26th, the Quirindi community gathered at the Library Hub to reflect on National Sorry Day. The event began with a heartfelt speech from Stella Lamb, who shared her family's story as the daughter and granddaughter of Stolen Generations survivors. Students from Quirindi High School attended and showed great respect and maturity throughout the event. Together, the group watched a short Behind the News (BTN) video that explained the meaning of Sorry Day. The morning ended with a light morning tea and quiet reflection, bringing the community together in truth, respect, and healing.

Health Checks



With school holidays coming up it's a great time to book in the kids for a 715 health check.

school holidays: 7th-18th July

Breast Screen Bus is coming back to Quirindi 21st-25th July bookings open in June

Heart week was 5th-11th of May to raise awareness for heart health.

Next visiting clinic dates:

Happee ears- 1st July

Brian Holden Vision- 1st-5th September (to be confirmed)

Biggest morning Tea-

On the 22nd of May Walhallow Aboriginal Corporation partnered with the pharmacy Arcade- Quirindi to hold a bake sale to raise money for Cancer Council's Biggest Morning Tea. There were homemade treats available, raffle tickets and Sugar Plum cafe deals. A special thank you to everyone who contributed. Together we raised \$745.35 for Cancer Council.

Mad Hatter-

The 29th of May was Mad Hatter's Day. This day was created to raise awareness for palliative care. Thank you to Sugar Plum cafe for your effort in raising awareness and money for this cause.

Australia's
Biggest Morning Tea



Elders Group- Elder's Group which runs every Tuesday in Quirindi has been great. We start the morning off with some morning tea and yarns and move into bingo where there is many prizes to win. A special thank you to Brenda Porter who started our June off well it was a very cold drizzly day but made better with a homemade chicken soup for lunch!

Walhallow Social Emotional Well Being group- At Walhallow we run a SEWB group every Wednesday for everyone to join. We play bingo, have some lunch, and have a yarn

Nurture Nest- Every Thursday we will be running a mum and bubs group a place for parents to connect and share their experiences.

Men's group-

In the works is a men's group hoping to start every Wednesday from the 19th

Breast Screening



Breast screening helps detect breast cancer early, often before any symptoms appear. Early detection gives women more treatment options and a better chance of recovery. Regular breast screening is a simple step that can help save lives. If you're eligible, don't wait book your breast screen.

Bookings open June 2025 to book

call 13 20 50 or

visit breast screen nsw website at <https://book.breastscreen.nsw.gov.au/>



Incoming state
of origin Deadly
Choice 715
Shirts

Quirindi Hospital
21st - 25th July 2025

For more information
or to check your
eligibility visit
<https://www.breastscreen.nsw.gov.au/>

Australia's Biggest Morning Tea

THANK YOU TO THE COMMUNITY
FOR YOUR SUPPORT DURING OUR
BIGGEST MORNING TEA TO RAISE
FUNDS FOR CANCER COUNCIL.

A SPECIAL THANK YOU TO SUGAR PLUM CAFE, CREEK
MEATS- WERRIS CREEK, LIVERPOOL PLAINS SHIRE
MAYOR- KEN CUDMORE AND THE QUIRINDI PHARMACY
FOR YOUR SUPPORT AND DONATIONS.

CONGRATULATIONS TO OUR RAFFLE
WINNER MR. SHAW!

TOGETHER WE
RAISED:

\$745.70



Walhallow Aboriginal Corporation Men's Group

- Yarning circle, cultural discussions
- Men's Health Promotion
- Social events
- Safe space for men

Every Wednesday

10:30am -1pm

**Coledale Community Centre
Lunch provided**

For more details please contact the Coledale
clinic on 6788 3030



Coledale

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Quirindi

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Walhallow

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