

DECEMBER NEWSLETTER

Empowering Our Next Generation Through Culture, Healing & Sport

2026 NEW INITIATIVES ANNOUNCED!

➤ Women’s Yarning Circles (Starting February 2026)

Open to all First Nations girls, women, and persons living with physical or mental disabilities. These circles will be safe spaces for storytelling, mental health support, and sharing cultural wisdom guided by Elders and community mentors on and off the court.

➤ Educational Pathways for Young First Nations Girls

Launching Education Through Netball – a mentoring and tutoring after-school program connecting young players with Aboriginal women leaders in sport, business, and health.

➤ First Nations Kids Sports Access Program

Partnering with our 2026 partners and sponsors to provide free netball registration, uniforms, and equipment for eligible Aboriginal and Torres Strait Islander children within the Eastern Suburbs and wider Sydney Metro Area.

Contact us via SMS to 0431192790 if you want to sign up to any of these initiatives for the 2026 season.



From left to right back row: Alisha Turner, Kora Forbes, Marikiey Mason, Aaliyah Ingram, Heidi Mason-Torchia, Kiarahra Slater, Tiarna Mason-Torchia, Eva Wong & Meleiyah Mason.

Grand Final Runners Up

Saturday September 20 2025

A huge congratulations to our U10 Division 5 Minhi’s team on an outstanding first season in the 2025 RNA Winter Competition. This special group of young stars – mostly made up of First Nations sisters and cousins, alongside Net-Set-Go players and school friends. From losing 11-0 in Round 1 to finishing as Minor Premiers and reaching the Grand Final, another highlight of their year was being named the 2025 Suncorp Super

Netball First Nations Round Curtain Raiser winners, in collaboration with the NSW Swifts – an unforgettable moment celebrating culture, community and excellence. They proudly represented our club at the Annual Koori Netball Knockout in October, carrying themselves with strength, pride and unity on and off the court. Well done to every player, coach and family who made this season so memorable.

U10s Minhi’s Favourite Season Memory

- Tiarna Torchia Mason (U10) - “Playing Netball with my friends & cousins and having fun.”
- Kiarahra Slater – “I liked going to the NSW Swifts First Nations Game.”
- Marikiey Mason (U10 & Net Set Go) – “Being with the team & making more memories.”



Message from the Club President

As we come to the close of 2025, I want to take a moment to acknowledge what has been a powerful year for Minhi's Netball Club – one filled with growth, resilience, culture and community.

This season reminded us that netball is about so much more than results on a scoreboard. It's about creating safe spaces where our mob can show up as they are, feel supported, be proud of who they are, and grow both on and off the court. From our youngest players finding their confidence, to our senior women showing incredible strength and perseverance, every team and every family has played a part in shaping the spirit of our club.

I am incredibly grateful and proud of our players, coaches, volunteers, families and Elders who continue to give their time, energy and love to this community. Your commitment to one another is what makes the Minhi's special while also reinforcing the importance of wellbeing – mental, physical, emotional and cultural.

As we prepare for 2026, I encourage everyone to rest, reconnect with family and Country, and take care of yourselves and one another. I am excited for what's to come in 2026, expanding access programs to ensure more of our mob can participate in sport. These initiatives are about legacy – investing in our next generation and continuing to build pathways grounded in cultural safety, care and opportunity. for anyone who plays with us.

Thank you for being part of The Minhi's Netball Club. Your strength, trust and belief in this community mean everything.



10-12yrs Minhi's Team
Koori Netball Tournament
Charlestown Netball Association



Club President

Sallie-Ann Barker



U10s Exhibition Match
SSN First Nations Round 13

Walkabout Yarns

NSW Swifts – A Dream Come True

Our U10 Division 5 girls had an unforgettable experience through at the SSN First Nations Round with the NSW Swifts. For many of our young players – including two of our NetSetGO stars who bravely stepped up to

play with the “big girls” this year – meeting and learning from elite athletes was a powerful moment. This match wasn’t just about netball – it was about connection, inspiration, and building pathways for the next generation.



“It showed our girls that with hard work, courage & community, anything is possible.”

—Coach Emilie said.

On Country, On Court



Our deadly families on Grand Final Day at the Randwick Netball Association 2025 Winter Netball Competition.



Our U10’s Sister’s raising awareness and standing in solidarity with children and families during the Kids Cancer Project Round.



U10s Grand Final dinner celebrations with laughter and plenty of smiles made it the perfect way to wrap up their first year together.



Honouring culture and community, Aunty Caroline Glass-Pattison led a powerful Sacred Smoking Ceremony during our July NAIDOC Week 2025 Celebrations alongside Minhi’s club members, Total Fit Waterloo and ES Physio.



Club & Activity Corner

NAIDOC WEEK 2025

Families, players, and community members came together for cultural activities and inclusive jewellery-making workshops. The theme “The Next Generation: Strength, Vision & Legacy” was brought to life through every smile, yarn and connections we shared. These celebrations showed the power of community, culture and sport – and how Netball can bring people together both on Country and in the heart of our local shopping centre Westfield Eastgardens.

“It’s not always about winning. It’s about creating culturally safe & inclusive spaces through Netball and collaboration.”

—Sallie-Ann Barker Club President

Get Involved!

Interested in playing, coaching, umpiring or wanting to give back to your Community? Send us a message on our social media or email us today!



A SEASON OF STRENGTH AND RESILIENCE



Annika Walsh, Emily Kennedy, Erin Kennedy, Nea Kennedy, Haylee Burton, Jasmine O'Rourke, LaTarley Brown-Yeo (U18), Melissa Jackson, Tahlia Brown-Sait (U18), Ebony Toomey (absent), Emilie Barker (absent), Matty-Lee Blake (U18) (absent).

The journey of our B3 Senior Women's team this year has been nothing short of inspiring. From Round 1, the team faced one challenge after another – from being moved up from C2 Division after to B3 Division and moments where the odds seemed stacked against them. Yet, through every setback, they proved what The Minhi's Netball Club is all about: Passion, Patience, and Perseverance.

Every quarter played was a reminder that strength isn't measured only on the scoreboard, but in the heart and effort behind each pass, intercept and goal. As the season progressed, their teamwork grew stronger. They refused to be defined by a tough start and instead finished their season united and proud.

What makes this team even more remarkable is their diversity. This season, 9 out of the 12 players were Aboriginal women, including 3 who were under the age of 18 and 1 player who is a person living with a disability. Their commitment and achievements highlight the importance of our club's mission to creating safe, inclusive playing spaces and environ-

ments where vulnerable peoples' voices are heard, where every individual feels safe and where players are recognised for their skills, passion and love of the game, not their physical barriers or the colour of their skin.

This team was built on family and friendship – made up mostly of mums, sisters, aunties, cousins and friends who simply wanted to get back into netball and enjoy playing together each Saturday. Adding to the spirit of this diverse group, we were proud to have players, Annika Walsh and Haylee Burton from the countryside of NSW showing their dedication to being part of this special group.

We congratulate the B3 Senior Women on a season that exemplified the true spirit of netball. Their growth as players and as a team showed true leadership and courage – a legacy that will inspire future Minhi's players and families especially our younger First Nations girls and boys to keep pushing, no matter the challenge. We see you, we celebrate you and we couldn't be prouder of you.



JOIN OUR MISSION

VOLUNTEERS NEEDED!

Be part of something bigger with The Minhi's Netball Club — a proudly First Nations community-run club creating safe, fun & inclusive spaces for everyone.

- ✓ Help grow pathways for First Nations Girls
- ✓ Build new skills, friendships and connections
- ✓ Be part of memorable events like the Koori Netball Knockout, SSN Indigenous Rounds and Naidoc Week Celebrations

Opportunities Available in:

- ✓ Game Day Helpers
- ✓ Cultural Activities Support
- ✓ First Nations Liaison
- ✓ Event Support & Fundraising



OPEN NOW

Contact Us for More Information



 officialminhisnetballclub@gmail.com

 +61431192790

SIGN UP TODAY

Mental Health First Aid guidance

Assisting those affected by social media access changes

NOTE: It is important to tailor your assistance to the needs of the person you are helping. This guide is a general set of recommendations only. In situations where the adult has an organisational responsibility, any relevant organisational policy needs to take precedence over this guide.

From 10 December 2025, access to a range of social media platforms is restricted for Australians under the age of 16. This change may influence how young people interact, socialise, learn and communicate. As with any major change, people respond in different ways. Some adjust quickly, while others find transitions more challenging.

For many young people, a change to social media access may mean less overall social time and more time offline, which may be a substantial change to their everyday life. Those who rely on social media for connection or daily routines may feel frustration, irritability or disconnection.

Many young people who may initially feel distressed adapt within days or weeks to change. Some could even experience increased resilience or stronger community connections. Others may continue to find things difficult, and their ongoing distress could be a sign of a mental health problem developing, which may not necessarily be related to the social media access change.

This guide helps members of the public to support someone experiencing an emerging or ongoing mental health problem, at the time of the enforced change in social media access.

Those who have had Mental Health First Aid training can use their knowledge and skills in assisting the person, until appropriate professional help was received or a crisis has been resolved.

Support can be offered to the young person or the adult in their life, who may benefit from confiding their feelings to a trusted other.

How do people experience change?

People may have a range of concerns about the enforced change in social media access. For some young people, social media is more than entertainment and changes to access feel particularly significant. For example, young people who rely on digital spaces to maintain social connections, build a sense of identity, or seek peer support may experience more disruption, higher levels of stress and need extra understanding and care from those around them.



A young person may experience:

- Worry about losing social connections
- Reduced access to communities or services they value
- Fear of becoming isolated
- Frustration about losing control or having reduced decision-making



Adults may:

- Be concerned about enforcing the new rules
- Be worried about those directly affected
- Have difficulty supporting distressed or anxious family members
- Be managing multiple pressures at once



Families and households may be:

- Adjusting to changes in routines and expectations
- Experiencing increased conflict or frustration

The key message is to avoid assumptions. Major changes can influence people in different ways. Be aware of those around you and take note of any signs that someone may need extra support.



Where to seek support

Kids helpline

1800 55 1800 | kidshelpline.com.au

Beyond Blue

1300 22 4636 | beyondblue.org.au

SANE Australia

1800 18 7263 | sane.org

QLife for LGBTIQ+

1800 184 527 (3pm - 12am) | qlife.org.au

13YARN

13 92 76 | 13yarn.org.au

If someone is experiencing thoughts of suicide

Lifeline

13 11 14 | lifeline.org.au

Suicide Callback Service

1300 659 467 | suicidecallbackservice.org.au



Additional resources

My Circle

A social platform supported by Kids Helpline counsellors for young people aged 12-25 years.

Headspace

Online communities and group chats for young people aged 12-25 and adults supporting young people.

Orygen #chatsafe

For parents and carers supporting young people to have safe online conversations about self-harm and suicide.

eSafety Commissioner

Get ready guide for the social media ban and personalised action plan for parents and carers.

Learn to support

Anyone can have a conversation that may save a life. Become a Mental Health First Aider at mhfa.com.au.

MHFAI Guidelines

“Considerations when providing MHFA to adolescent”

Acknowledgement of Country

Mental Health First Aid International Ltd acknowledges the Traditional Owners and Custodians of Country throughout Australia and pays our respect to Elders past and present. We extend our respect to all Aboriginal and Torres Strait Islander peoples and recognise their continuing culture and connection to lands, waters and communities.



Recognition of Lived Experience

Mental Health First Aid International Ltd wishes to recognise people with lived and living experience of mental health problems and suicidality, and their loved ones who care and support them. With diverse identities, challenges and life experiences, each journey is unique and invaluable. Thank you to those who have courageously shared stories to help educate the global community.

We recognise, value and celebrate diversity and act in the spirit of inclusion.



TIMEZONE IS NOW OPEN!

Step into a world of excitement with over 50 arcade games. Challenge your friends, rack up points, and unlock epic prizes in the Winners Vault – a treasure trove of rewards for top players. Planning a celebration? Timezone’s dedicated party room is perfect for birthdays, team events, or just a fun day out with your crew.

- 📍 Find us on Level 1 in the Dining Precinct
- 🎮 Over 50+ Arcade Games
- 🏆 Winner's Vault (prizes galore)
- 🎉 Party Room (big enough for 24 people!!)

Find out more here > <https://spr.ly/6180AaiAY>

ISC HOME SERVICES



- ♥ HOME CLEANING
- ♥ TRANSPORT
- ♥ CULTURAL SUPPORT
- ♥ NDIS SUPPORT COORDINATION

OUR TEAM

The ISC HOME SERVICES team has over 18 years of hands-on experience in aged and community care. We've been doing this for a long time, so we know what's needed to give you the right support.

For your peace of mind, every person on our team has undergone a police check and is fully trained.

Proudly Indigenous owned and operated, providing NDIS support services across the Greater Sydney Area.



Sydney NDIS Provider

ISC Home Services P/L | South Eveleigh, NSW

☎ 0418 889 211 ✉ ndis.ischome@outlook.com

Registered NDIS Provider No. 4053347661.

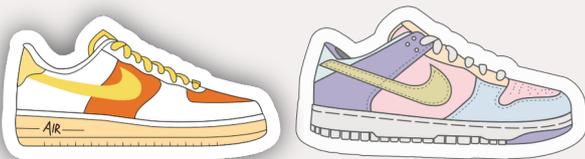


TALK N WALK APP

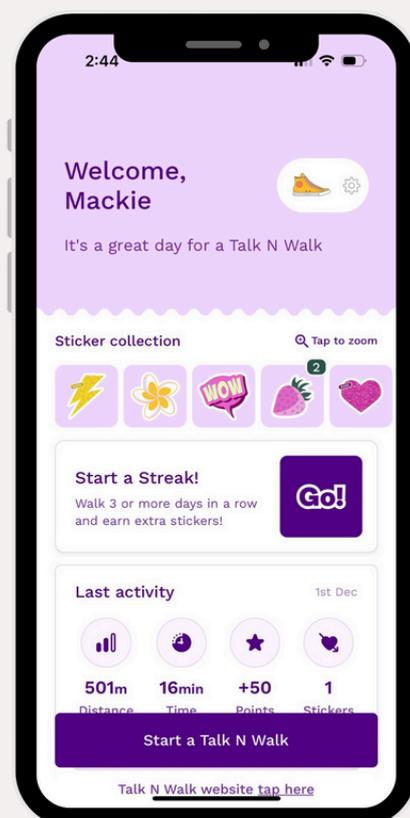


TalkN Walk is about swapping catch ups over social media while getting outside to realise the health and wellbeing benefits that come with talking and walking with friends and/or family.

Walk around your neighbourhood, at the park, to or from school, in local bushland, or at the beach.



-  Even a 10 minute walk changes brain chemistry to boost happiness.
-  Walking decreases the stress hormone cortisol and helps clear the mind.
-  A brisk walk can be an effective way to reduce anxiety in the moment.
-  Creative thinking, problem solving and conversation comes easier when walking.





PRIORITISE YOUR WELL-BEING

SIMPLE STEPS TO SUPPORT YOUR MENTAL HEALTH

At The Minhi's Netball Club, we believe healing begins with connection, listening and that everyone deserves a safe space to yarn and feel supported during difficult times.

We're proud to have two accredited First Aid & Mental Health Officers within our club:

- Sallie-Ann Barker - 0431192790
- Emilie Barker - 0412065082

If you ever need a yarn, want to check in, or just need someone to listen, please reach out to one of our MHFA Officers.

HOW CAN YOU BETTER YOUR MENTAL HEALTH?

- Connect back to Country; sit with water, sand, trees, sky
- Check in with mob; visit cousins, aunties, uncles
- Practice mindfulness meditation or deep breathing
- Find another hobby besides sports if you are feeling overwhelmed

If your life is in danger dial 000.

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.



mhfa.com.au



5 TIPS TO LOOK AFTER YOUR HEART AND SPIRIT



DAMPAA Brain Health Program

1

PROTECT YOUR HEART



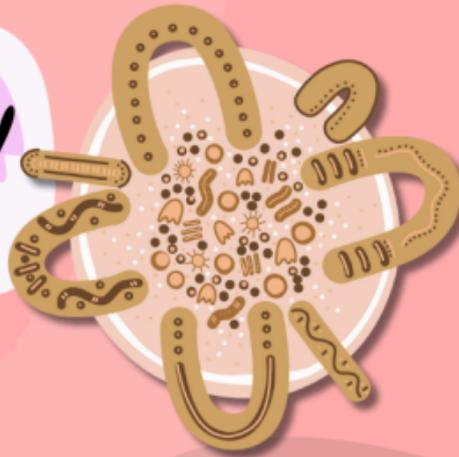
2

KEEP LEARNING & SHARE KNOWLEDGE WITH YOUR MOB



3

YARN ABOUT COUNTRY WITH YOUR MOB



4

SIT AND WALK IN NATURE OR GO ON COUNTRY



5

KEEP YOUR MIND AND BODY ACTIVE



DEVELOPED FOR:



DAMPAA
Dementia prevention and risk Management Program for Aboriginal Australians

WWW.IAWR.COM.AU



Centre for Aboriginal Medical and Dental Health

IN PARTNERSHIP WITH:



Heart of Our Community



**APPLY
NOW**

Community Grants & Sponsorship Program



“Our customers have enabled us to donate over \$2 million to our local Clovelly Community! Funding for your cause is closer than you think. Our grants assist local communities to unite and prosper, while our scholarships support local students to thrive.”

Applications must be submitted via the link below.
Please ensure you have read the guidelines to determine your eligibility.

<https://communitybankclovelly.smartygrants.com.au>

[Click here to find if a local grant or scholarship program is open in your area.](#)

Nicola Powell
Community Partnership Manager

Ph: 02 9665 0099 · M: 0439 813 389 · nicola.powell@bendigoadelaide.com.au
Bendigo Bank Clovelly · 222-226 Clovelly Road Clovelly NSW 2031
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THE GYM TODAY!**

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ADMIN@TOTALFIT.COM.AU



First Nations Netball Coach Development Workshop

Want an opportunity to develop your netball coaching skills, improve your coaching knowledge, and promote netball in your community?



[Coaching Unlimited](#), in collaboration with Netball NSW, are organising a FREE Development Netball Coach Accreditation Day for First Nations peoples.

DETAILS Date & Time: TBC

Venue: Heffron Netball Courts, Maroubra, 2035, NSW

Time: 8.30am-4:30pm

Cost: FREE (coaching accreditation, food)

Age: Coaches must be at least 14 years of age

What to bring: Netty attire, notebook, pen, positive attitude, and water.

We need players aged 13 years and above to participate in coaching demonstrations, so please bring along family/friends if possible. Lunch to be provided.

Requirements: Netball NSW requires participants to hold a current Foundation Netball Accreditation for at least 1 year.

Note: Support is available for participants travelling outside of Sydney. Contact us for more info.

Apply via the QR code or complete the [Development Application Form](#).

Applications close 25 February 2026

For any other questions, please contact us below:

Sallie-Ann Barker on 0466 250 793 / officialminhisnetballclub@gmail.com

Andrew Bennie on 0422 727 359 / a.bennie@westernsydney.edu.au



HAPPY *New Year*

Cheers to new beginnings, fresh goals, and
endless opportunities.

May this year bring you happiness, good health, and
everything you've been dreaming of. Let's step into
the new year with positivity, gratitude, and
excitement for what's ahead.





THANK YOU TO OUR 2025 SPONSORS & PARTNERS

Westfield
Eastgardens



Community Bank
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INDEPENDENT
SAFE CARING
AT HOME

total**fit.**



Become A 2026 Sponsor

Contact us: officialminhisnetballclub@gmail.com