



# APRIL NEWSLETTER

*Empowering The Next Generation Through Culture, Healing & Sport*

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## Registrations Now Open

**Healing Yarning Circles**  
*Passion Patience Perseverance*

Presented by Minhi's Netball Club • Supporting all girls, women and disability participants in netball

**Program Overview**

- Start Date:** April 25th
- Duration:** 7 weeks - Girls (5-17) & Women (18+)
- Delivery:** Hybrid - In-person & Zoom  
Culturally safe - Trauma-informed - Inclusive
- Participants:** Indigenous & Non-Indigenous girls, women, allies & participants living with a disability
- Travel Support:** Provided for in-person sessions
- Special Support:** Chromebooks & Laptops provided for Zoom participants
- Hybrid Format**  
In-person & Zoom options
- Female-Focused Circles**  
Girls, Women & Participants living with a Disability
- Zoom / Tech Costs**
  - Free sessions
  - Lunch provided
  - Must register via google link

**Who The Yarning Circles Are For**

These Healing Yarning Circles are for:

- Girls of all backgrounds (ages 5-17)
- Women of all backgrounds (age 18+)
- Participants living with a Disability
- Stolen Generations & Intergenerational families.

Although we are stepping away from competition this Winter Season in 2026, we are shifting our energy into our 2026 Healing Yarning Circle Programs that strengthen our First Nations Girls & community from within.

Yarning Circles will include Cultural Safety Awareness Training, Mental Health & First Aid Training, Cultural learning guided by Elders and mentors plus more!

Registrations are now open, with limited spots available. Workshops and yarning circles will commence once all places are filled.

To register or express your interest please contact us via:  
[officialminhisnetballclub@gmail.com](mailto:officialminhisnetballclub@gmail.com)  
 SMS (SISTAHOOD26): 0431 192 790



See more info on page 5.



## Happy Easter from The Minhi's Netball Club



Over this Easter period, we hope everyone takes time to rest, recharge, and spend time with loved ones. Thank you to all our players, families, volunteers, partners and supporters who continue to walk alongside our club and help our community grow stronger every single day.



From our netball family to yours, we wish you a safe, happy and peaceful Easter.



# Message from the Club President

As we move through 2026, April is a time for us to reflect, reset, and refocus on what truly matters to our club, our community, our culture, and the wellbeing of our players and families.

This year, our focus is on people, culture, learning, and creating safe and inclusive spaces through sport and community programs. Our club has always been about more than netball, we are about community, belonging, respect, and opportunity for everyone.

Cultural safety and the safety of all females and participants in netball is not optional — it is mandatory. Everyone deserves to feel safe, respected, included, and supported in sport. One way we help create these safe spaces is through education, conversation, and community connection, including our Healing Yarning Circles, which are open to both First Nations and non-Indigenous females who would like to learn, connect, and be part of a supportive community.

In 2026, we continue to focus on programs that build strong people, not just strong players, including:

- Women & Girls Healing Yarning Circles
- After-School Netball and Mentoring Programs
- Education Through Netball tutoring and mentorship
- First Nations Sports Access Program
- Development of our Cultural Safety & Inclusion Protocol

Thank you to our players, volunteers, families, Elders, partners, sponsors, and community who continue to support our club and the work we do.

Wishing everyone and their families a happy, safe and deadly Easter.







## Club President

Sallie-Ann Barker

### WHO WE ARE

Minhi's Netball Club is a First Nations-led community club creating safe, inclusive pathways through sport.

We use netball to strengthen culture, confidence, leadership and connection for our players and families.

-  Sport: Netball
-  Focus: Culture & Community
-  Age Groups: Youth to Adults
-  Values: Respect • Strength • Belonging

Scan to connect with  
Minhi's



We acknowledge the Traditional Custodians of the land  
and pay respect to Elders past and present.

2026 is a year of community, healing, growth, and building stronger pathways for the future of grassroots netball for all players.

We can't wait to walk with you on this new journey.

*Passion. Patience. Perseverance.*



Walkabout Yarns

### The Minhi's x Westfield Summer Activitation

During the summer holidays, the club came together for a deadly day of Culture and Sport. Families and kids ages from 3 and up participated in cultural yarnning and storytelling, aboriginal dot painting and learning about the pathways in Netball. A huge thank you to Westfield Eastgardens for your support, believing in our mission and making this all possible!



A pair of Rebel ASICS that were painted by a community member on the day who then donated them to our club.

### On Country, Off-Court

Westfield Eastgardens Kids Corner



A BIG THANK YOU TO REBEL EASTGARDENS FOR LETTING US SHOWCASE THEIR NEW ASICS SHOE RANGE. THE BEST NETBALL FOOTWEAR FOR ALL ABILITIES. BECOME A MEMBER AND GET DISCOUNTS OFF YOUR NEXT NETBALL SHOES!



THE MINHI'S NETBALL CLUB CULTURAL ARTS & CRAFTS IN ACTION AT WESTFIELD EASTGARDENS KIDS CORNER. SHARING OUR ABORIGINAL CULTURE WITH FELLOW COMMUNITY PARTICIPANTS.



HOW CREATIVE IS THIS!? AMAZING WORK SISTER KIARAHRA



ENJOYING THE KIDS CORNER MAKING HIS FACE MASK WITH HIS MUM. TOO DEADLY GAVIN!



### What's on this Easter at Westfield Eastgardens Easter Bunny Meet & Greet

**The Easter Bunny is taking over Westfield Eastgardens!**

Give the Easter Bunny a high-5 or snap some cute pics as he makes his way through the centre.

**Date:** Saturday 4 April  
**Time:** 10AM-10:30AM, 11AM-11:30AM, 12PM-12:30PM  
**Location:** Level 1, near Telstra & roaming through centre



### 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!





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



**SIGN UP TODAY**

 [officialminhisnetballclub@gmail.com](mailto:officialminhisnetballclub@gmail.com)

 +61431192790

# Healing Yarning Circles

Passion Patience Perseverance



Presented by Minhi's Netball Club • Supporting all girls, women and disability participants in netball

## Program Overview

- Start Date:** April 25th
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- Delivery:** Hybrid - In-person & Zoom  
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- Travel Support:** Provided for in-person sessions
- Special Support:** Chromebooks & Laptops provided for Zoom participants



### Hybrid Format

In-person & Zoom options



### Female-Focused Circles

Girls, Women & Participants living with a Disability



### Zoom / Tech Costs

- Free sessions
- Lunch provided
- Scan the code below to register

## Who The Yarning Circles Are For

These Healing Yarning Circles are for:

- Girls of all backgrounds (ages 5-17)
- Women of all backgrounds (age 18+)
- Disability & Allied Participants

- Stolen Generations & Intergenerational families.
- Community sporting members seeking culturally safe healing, connection & wellbeing.

These circles are safe, culturally guided, trauma-informed spaces focused on holistic healing, building confidence, leadership & community connections.

The **Healing Yarning Circles** are safe, culturally guided spaces for healing, connection, confidence, **culture** and community leadership.

- Share stories & experiences
- Strengthen resilience
- Connect with culture & community

## Why This Program Matters

For girls, women, allies and disability peoples who experienced racism or indirect/direct discrimination when participating in Netball. All females deserve culturally strong, inclusive spaces to connect, heal and excel on and off the netball court.

## Program Structure (Summary)

### Girls 5-17

- Get To Know World Netball Rules
- Cultural Teachings & Crafts
- Mindfulness, Mental Health & Wellbeing Workshops
- Free beginner-friendly tennis session

### Women 18+

- Cultural Teachings Info Sessions on Netball NSW Pathways & World Netball Rules
- Mental Health First Aid & Wellbeing Support
- Free beginner-friendly tennis session

In-person & Zoom options • Travel support provided • Maximum 10 participants per circle

## Partner With Us Become a Sponsor



### Partner With Minhi's Netball Club

We are seeking partners and sponsors to support our Healing Yarning Circles and First Nations netball programs for girls, women and participants with disability.

### Your support helps provide:

- Free or subsidised program access
- Transport support
- Cultural workshops & activities
- Wellbeing & mental health support
- Netball participation opportunities
- Equipment, uniforms & resources

To partner with us or become a sponsor:  
[officialminhisnetballclub@gmail.com](mailto:officialminhisnetballclub@gmail.com)

## Program Registration Links

### Girls Ages 5-17 Registration

<https://forms.gle/cFaLWyc4wECmynV5A>

### Women 18+ Registration

<https://forms.gle/SYdeevEurgSG3uzG9>

Limited spots available • Maximum 10 participants per circle

SCAN QR CODE



Building strong women, strong culture, strong community  
through healing, netball and connection





# OPEN THIS EASTER LONG WEEKEND!

*Keep the kids entertained this Easter long weekend with fun activities at Westfield Eastgardens.*

## **Easter long weekend opening hours:**

- Good Friday 18 April: Closed
- Easter Saturday 19 April: 9am–5pm
- Easter Sunday 20 April: Closed
- Easter Monday 21 April: 10am–5pm



Please note that some stores may choose not to open, or trade for varying hours. If you are planning to visit a particular store, please contact them directly to confirm their Easter opening hours, or browse stores [here >](#)

March Newsletter

# Autumn SEASONAL FRUITS & VEGETABLES

FUEL YOUR GAME THIS SEASON

Fresh, local produce to keep players strong, fast & energised

## HOW AUTUMN FRUITS & VEGGIES SUPPORT PLAYERS IN SPORT

Perfect for training, game days & recovery — for Netballers at all levels!



### ORANGES

Vitamin C • Antioxidants

- 🏆 Boosts immunity during training & tournaments
- 🏃 Fights fatigue and supports faster recovery
- 💧 Keeps skin healthy with hydration

Great pre-game energy + immune support!

Ultimate slow-release energy!

### SWEET POTATO

Complex Carbs • Beta-Carotene

- 🔥 Provides long-lasting energy for training & games
- 💪 Supports endurance and strong muscles
- 👁️ Helps with vision, skin & immune health



### PUMPKIN

Iron • Fibre • Vitamins A & C

- 🩸 Supports healthy blood & oxygen flow
- 🍷 Aids digestion for peak performance
- 🌿 Reduces inflammation & supports recovery

Recovery & gut health!

Performance & stamina booster!

### BEETROOT

Natural Nitrates • Iron • Folate

- 🏃 Improves stamina and running performance
- 🩸 Delivers more oxygen to working muscles
- 🏃 Speeds up recovery and reduces soreness



### Easy Ways to Add Them This March:



Orange wedges in lunchboxes



Sweet potato before training



Pumpkin soup for recovery dinners



Beetroot, apple & ginger smoothie

💧 **Don't forget to hydrate — Water + Electrolytes = Peak Performance!**  
Eat fresh, seasonal, and local to fuel your netball season naturally.

🌿 **Stay strong, stay energised & own the court this Autumn!**  
Eat fresh, seasonal, and local to fuel your netball season naturally.

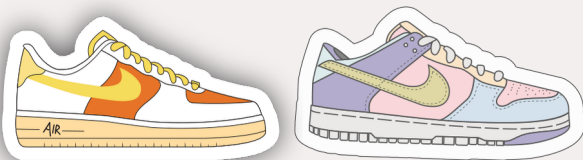
🌿 **Stay strong, stay energised & own the court this Autumn!**

# 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.



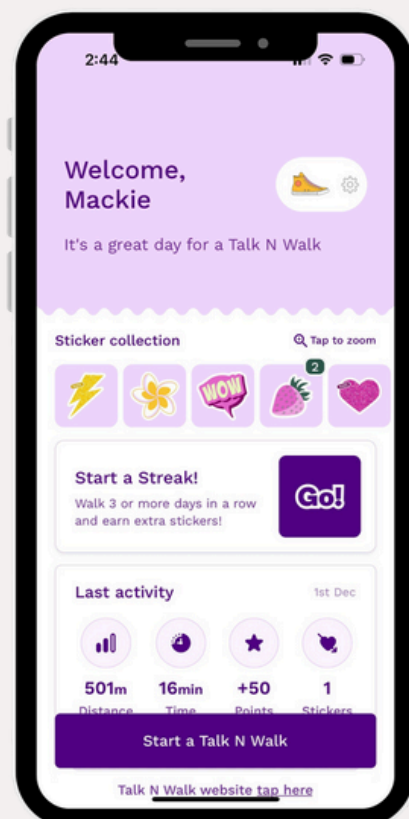
Walking decreases the stress hormone cortisol and helps clear the mind.



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
- Emilie Barker

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 on 0431192790.

## 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](http://mhfa.com.au)



# 2026 CANA Netball Competition



**THURSDAY 1 OCTOBER TO 5 OCTOBER 2026**  
SMAA Netball Courts, West Beach, Adelaide

Canteen and bar facilities available



**Contact us**



If you are interested in playing or  
want to put a team in,  
send us a email  
[officialminhisnetballclub@gmail.com](mailto:officialminhisnetballclub@gmail.com)

**REGISTRATION FEE**

**\$80** per person

**EARLY BIRD**

**\$50** per person

valid before 31 July 2026

**6 GAMES  
PLUS FINALS**

**SOCIAL, CLUB, FAMILY AND FRIENDS –  
ENTER A TEAM AND HAVE FUN!**

**DIVISIONS:**

11/U  
13/U  
15/U  
15/U Boys  
17/U  
Open Ladies  
Mixed  
Ladies (30+)  
Walking (40+)



**EMAIL:** [cananetballasn@gmail.com](mailto:cananetballasn@gmail.com)

**PHONE:** 0438 681 150

**FACEBOOK:** [www.facebook.com/Cana.asn.au](http://www.facebook.com/Cana.asn.au)

**WEBSITE:** <https://cana.asn.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 May 2026

For any other questions, please contact us below:

Sallie-Ann Barker or 0431192790 / [officialminhisnetballclub@gmail.com](mailto:officialminhisnetballclub@gmail.com)

Andrew Bennie on 0422 727 359 / [a.bennie@westernsydney.edu.au](mailto:a.bennie@westernsydney.edu.au)



# CALLING ALL COOL SPONSORS

*Be part of a fun, safe and inclusive sisterhood.*



## CHOOSE YOUR PACKAGE



### PLAY WITHOUT BARRIERS

Registration & Competition Access Partner

- ★ Logo on club website and sponsor page
- ★ Social media sponsor spotlight posts
- ★ Recognition at club events and presentations
- ★ Impact report showing players supported

### WEAR YOUR COLOURS

Uniform & Merchandise Partner

- ★ Logo on uniforms or merchandise
- ★ Brand exposure at games and events
- ★ Social media and website promotion
- ★ Booth space at community events

### BEYOND COUNTRY

Travel & Pathways Partner

- ★ Major sponsor recognition across programs
- ★ Logo on travel uniforms and equipment
- ★ Brand placement on flyers and banners
- ★ Mention in media, newsletters and events



## HOW YOUR SPONSORSHIP HELPS

- Keeping registration fees affordable for families
- Providing uniforms and netball equipment
- Court hire, umpires and coaching programs
- Travel opportunities and pathways for players
- Cultural, inclusion and community programs

Partner with a community-led, not-for-profit netball club creating safe, inclusive and accessible sport for girls, women and participants of all abilities.

★ **Let's collab!** ★

Partnership opportunities available for 2026.

FB: @minhisnetballclub

IG: @officialminhisnetballclub

[www.theminhisnetballclub.org](http://www.theminhisnetballclub.org)

[officialminhisnetballclub@gmail.com](mailto:officialminhisnetballclub@gmail.com)

**TO BECOME A PARTNER OR SPONSOR** • Email: [officialminhisnetballclub@gmail.com](mailto:officialminhisnetballclub@gmail.com)

*The Minhi's Netball Club - Inspiring confidence, connection and culture through netball.*