

Dabakarn Koorliny Wangkiny (Steady walking and talking) Community Day

The *Dabakarn Koorliny Wangkiny* Family Fun Day, held during Mental Health Week 2014, was an opportunity for some 80 Nyoongar community members to get to know people working in the Armadale area who assist with mental health and drug and alcohol concerns.

The event came together through the creative efforts of local Nyoongar Elders, in particular Albert and Irene McNamara, who have been working closely with Richmond Fellowship WA, the main sponsor of the day.

Those who attended the event are involved in the Looking Forward Project, a research

project that aims to improve the way services are provided to Nyoongar people living in the south east area of Perth. The project brings together Nyoongar Elders with senior managers and workers from mental health and drug and alcohol services to help them better understand Nyoongar culture and people.

Together, they are working to make changes that will help Nyoongar people feel more comfortable and respected when going to these local services.

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of the champion athlete of his time and father of Elder Margaret Culbong. The race showed the Elders in a new light, full of energy and vigour, highlighting the strength and resilience of Nyoongar culture. In addition, a community mural (pictured) was created, coordinated by Elder and artist, Joanna Corbett, which captured people's ideas on what keeps them and their families strong and healthy.

The day was jointly hosted by Richmond Fellowship WA and the Looking Forward Project, and sponsored by the City of Armadale through the Champion Centre, Ruah Community Services, WAAMH, and supported by the Mental Health Commission.



Along with kid's activities, community members and Elders sat and yarned with service staff, sharing stories, food and some local musical and dance talent in a relaxed environment.

A highlight of the day was the Elders' race, which had the crowd on their feet, in particular the Elders' grannies. The winner, Albert McNamara, took out the inaugural Lindsay Culbong Cup, named in memory