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2026 | May Digital Edition



Help Shape Our Future

We're developing a new Strategic Plan to guide our services and programs over the coming years, and we've put together a short survey to hear directly from community.

As a community-controlled organisation, your feedback is really important in shaping how we support community now and into the future.

The survey only takes 5-10 minutes to complete, and we'd really appreciate you taking the time to share your thoughts with us. Click on the button the right to get started!



[Strategic Survey](#)



Team Training

We've had a strong focus on training and development across the team, with new employees recently completing cultural training. This is an important part of strengthening our shared understanding and ensuring we continue to deliver culturally safe and responsive services.

Our Emergency Control team recently completed their Warden and Fire Extinguisher training. This essential training is delivered every 2 years to ensure our teams remain prepared and confident in responding to emergencies.

Our team is trained to lead calm, coordinated responses during emergencies, helping to minimise risk, reduce confusion, and keep everyone safe.



National Sorry Day 26th May Nowra Community Event

National Sorry Day is a powerful day of remembrance and resilience. It acknowledges the history and ongoing impacts of the Stolen Generations, including the significance of the Aboriginal Children's Home in Bomaderry, and the lasting effects on Aboriginal and Torres Strait Islander individuals, families, and communities.

Due to increasing attendance, bridge safety considerations, and recent weather impacts, Nowra's Annual Sorry Day Event will be held at **Harry Sawkins Park**. While the format has changed, the meaning and spirit of the day remain the same.

Since 2001, this significant community event delivered by our team has grown to attract over 1,000 participants annually, bringing together Aboriginal communities, residents, students, and organisations from across the South Coast in a shared commitment to truth-telling and reconciliation.

Together, the day will include:

- Community connection
- Storytelling and reflection
- Cultural dance and music
- Commemoration of shared sorrow and strength

Commemorative Activities

While we will not walk across the Nowra Bridge this year, the symbolism of crossing together remains important. Community members are invited to cross the small bridge over the pond on arrival as a quiet moment of reflection and remembrance.

A shared community artwork will also be created using commemorative flowers. Flower templates can be printed from our website or collected from the Jane Ardler Centre. Completed flowers can then be brought along on the day and added to the collective installation.

[Sorry Day Event Info](#)

[Sorry Day Flower Printable](#)

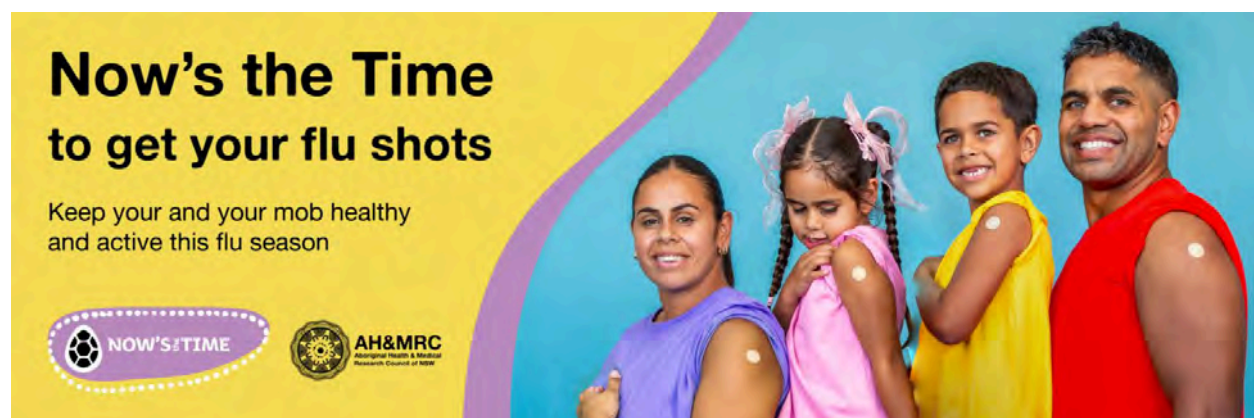


Flu Shots

Our 2026 influenza vaccines have arrived and are now available at the Jane Ardler Centre. There are two easy ways to access the vaccine:

- Via walk-in, Monday to Friday from 8:30 am
- Via appointment

If the clinic experiences a high volume of walk-ins, there may be a wait time. If you prefer to book ahead rather than walk in, please contact reception to arrange an appointment.



Why should I get the Flu Vaccine?

Getting a flu vaccine is crucial for protecting yourself and others from influenza, a serious and contagious respiratory illness. Here's why getting the flu vaccine is important:

Protection from illness: The flu vaccine significantly reduces the risk of getting sick with influenza, and even if you do get it, the vaccine can help prevent severe illness and hospitalisation.

Protection for vulnerable populations: Flu can be particularly dangerous for babies, young children, pregnant women, the elderly, and individuals with underlying medical conditions, making vaccination even more crucial for them.

Community protection: Vaccination helps to reduce the spread of influenza, protecting those who are at higher risk and those who may be more susceptible to complications.

Safety and effectiveness: The flu vaccine has a great safety record and is recommended by health organisations worldwide.

If you would like more information regarding influenza vaccinations, please visit [NSW Health](#)
To book an appointment, please contact reception staff.



A quick yarn with Justin...

What do you do here at South Coast AMS?

Aboriginal Child and Youth Mentor.

How long have you worked with us?

A little over 2 years.

What do you enjoy most about working at South Coast AMS?

Being able to work with community, and being a good role model for our young people through mentoring and programs.

Do you have any hobbies or interests that people might find surprising?



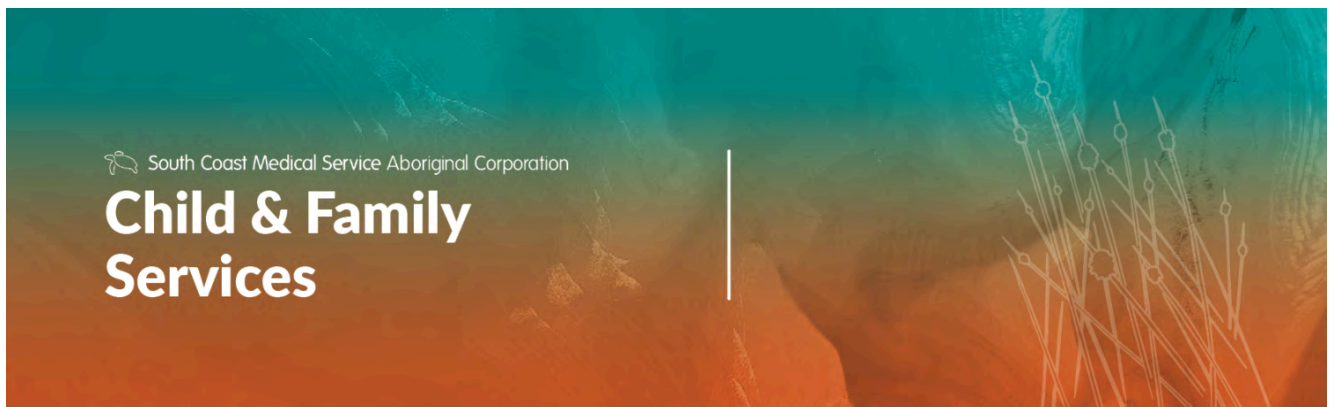
Surfing and spending time with my kids.

Can you share a memorable moment or achievement from your time here?

Having the opportunity to be a part of the Jerrinja After School Program out at Jerrinja, where I'm from.

If you could swap roles with anyone in the company for a day, who would it be and why?

Uncle Mal, I would love to work in the AOD case worker role.



Seasons For Healing

Our Team is happy to be facilitating another Seasons for Healing training workshop in May.

This program supports the social and emotional wellbeing of Aboriginal and Torres Strait Islander adults by helping participants build resilience through grief, loss, and life changes.

In a safe and supportive group setting, participants will explore the impacts of change, learn practical coping strategies, strengthen connections, and support overall wellbeing.

For more info, please contact Kylie Skillen or Aunty Cheryl Foster at:

fcs@southcoastams.org.au



Seasons For Healing Flyer

Koori Connections Camp

During the April school holidays, our team took eight young people to a three-day camp at Lake Conjola, staying at Ingenia Holiday Park. Before heading to camp, the group met at Ulladulla Woolworths to complete a shared shop and pick up essential supplies for the trip.

On arrival, the group explored the park and settled into their accommodation. The boys and girls stayed in separate houses, which provided a great opportunity for each group to bond, build connections, and strengthen relationships throughout the camp.

Day one included exploring the park, swimming in the pool, and playing board games. The girls enjoyed taking responsibility for preparing dinner for the group that evening. Day two involved exploring Lake Conjola, going on a bushwalk, and observing the natural flora and fauna. The group also discussed the significance of the land on which they were gathering. Later, everyone enjoyed a game of tennis and time on the jumping pillow, before the boys prepared dinner for the evening.

Day three began with a morning swim, followed by packing up the houses. The group then came together for a final game and a reflective discussion about the camp and their experiences.

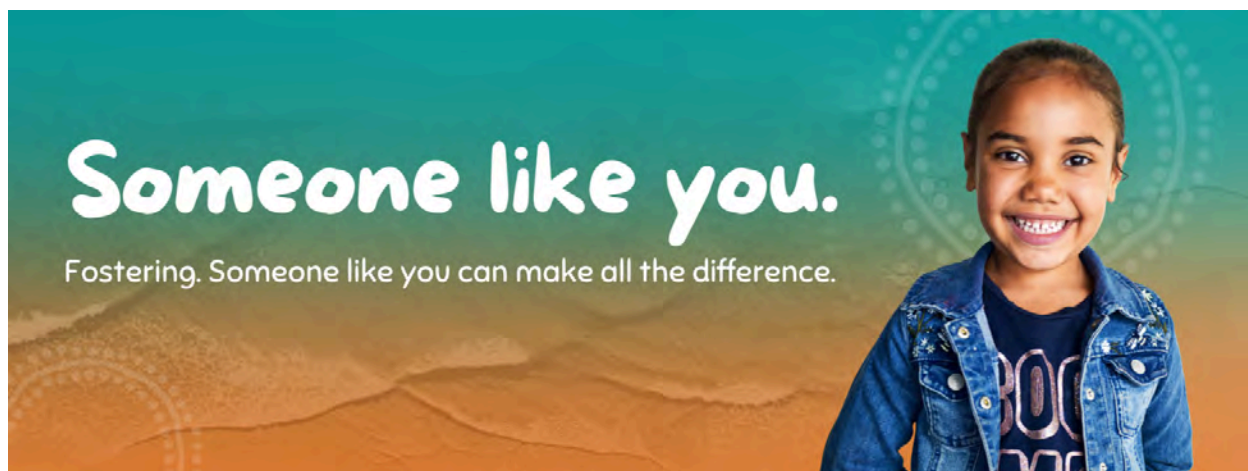
Overall, the group shared that they had a wonderful time. They valued the opportunity to connect to Country, strengthen relationships, and build new friendships, and many expressed interest in participating in a similar camp again in the future.



Booderee Bush Bingo

Our team also facilitated a fun and engaging Bush Bingo program for junior participants. In preparation, Ella and Taz visited the botanical gardens to take photos of natural objects and resources, which were then incorporated into the Bush Bingo sheets. This provided young people with meaningful visuals and learning opportunities connected to the environment. On the day, the program began with Taz delivering an Acknowledgement of Country, followed by participants having ochre respectfully applied.

The 15 participants were then divided into three groups, each supported by a staff member who assisted them throughout the Bush Bingo activity. As the groups explored the gardens, staff captured photos of the experience. The program concluded back at the main setup area, where staff had prepared a BBQ lunch. Afterwards, everyone came together to take part in a group art activity. Overall, the day was a great success. All participants had an enjoyable experience, with many expressing interest in taking part again in the future.



[Learn More About Foster Care](#)

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