



**DHARAWAL
FAMILY
MATTERS**

Welcome to Country

Bereewagal, – naa niya. – Yura ngura dyi ngurang gurugal.

People who come from afar, I see all of you.
Aboriginal people camped here at this place long ago.

Ngoon dyalgala niya, ngoon bamaradbanga ni.

We embrace all of you, we open the door to all of you.

Ngoon – mari ngurang – niya mudang yura ngurra.

We lend this place to all of you to live while we sleep.

Dyi nga ni nura.

Here, I see my country.

Dharawal Family Matters has been produced in partnership by the Yura Yulang Community Drug Action Team and the NSW Premier's Department, Drugs and Community Action Strategy. This booklet is part of the broader NSW Family Drug Information Kit.

This booklet includes translations* of the Dharawal language – the words of the Dharawal people around South Western Sydney.

To our knowledge, this is the first time that the language has been used to tell health stories in this way. This booklet plays an important role in reviving the use of the Dharawal language.

**The Dharawal translations have been done in good faith by members of the Yura Yulang CDAT using information available to them.*

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The paintings are the original work of Minto resident, Andrew 'Saddles' Bell.

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DHARAWAL FAMILY MATTERS

Introduction

This booklet has some very important information about what can happen if we get caught up in drugs and alcohol. These are serious and very dangerous substances and can be very harmful to us and our families.

This booklet also shows the good things that can happen when families and communities work together to deal with drug and alcohol problems.

Our community is our culture. Drugs, alcohol and violence all take away from our connection to culture. The way we treat ourselves is reflected in our attitudes to culture. Drugs and alcohol abuse kills our spirit. Spirituality is best served by a strong, healthy mind and body.

As a community member, lead by example. Don't do drugs. Don't abuse alcohol. Don't drink and drive. Help others in the community. Show our kids it's good to help others. Think positively and act positively.

We should spend time with our family and community. Listen to our kids. Talk to our kids. Let them know we are there to listen and help them no matter how big or small the problem. Work as a family and community to deal with the problems.

Grog and drugs hurt us. To make our community strong and safe we have to start to care for ourselves and our kids.



HOPPY

Grog is good fun – but dangerous. Grog will help you kill yourself and others if you are behind the wheel. You can maim yourself by drinking, ruin your health, your body, mind, don't lose your spirit to grog. It's never too late to change.

DEANO

The past catches you – suicide is a real issue in Aboriginal communities. Think of others – tell others you care for them, make them aware that they are important. It is hard to talk about your feelings. Live for your kids.

ONE BIG CIRCLE

Life returns or comes back and can be good and it can be bad.

Mudung wuruma marri wirri.

People can become trapped in bad country or darkness (grog, drugs, violence).

Yura Kamulla wirruma wirri nura minak.

People fly back (run or return) to their communities.

Yura kamulla ngalbunga yulang.

People become great as they hear and do good things as they learn to copy the proper way of doing things.

Yura mari ngara yanga marri, barrbanga gurlibuwa.



STICK

Find yourself – once you do that you can move ahead – do things – get respect. Sobering up is a real experience – realising what you have done is hard to bear.

CLIMBER

Alcohol and sex don't mix. The pleasure of alcohol is a trick to rob you of the other pleasure of sex and love.

TAKING CARE

Helping spirits, with father's brother, father and mother stand between badness/evil and their child.

Ngalaya gumba babana biyanga wiyanga wiyana wiri gurung.

The people and friends stand between the child and badness/evil and embrace (show) that good is best.

Yura ngalaya ngiyana gurung wiri dyalgala naminma dadibalung.

When you are shut up (in gaol) and frightened turn around (change) and put down badness/evil.

Wirribana manya walabudyung wyana wiri.



STAN THE MAN

Family keeps you going – having a family and kids is important- separation from your kids is painful.

TOP CAT

Nepotism, don't let that destroy respect for elders – be a parent for the community not just your family. Your parents should be a guide, listen to them – respect everyone.

WHIRLWIND OF LIFE

A twirling wind full of dust represents the ceremony performed by the elders to show the young men and women the correct way ahead.

Dyurir gura guwal yulang guragalunggalyung guragalung nagamura.

The footprints represent the children's spiritual path.

guragalunggalyung guragaralung manuwi muru.



TREE OF KNOWLEDGE

Will you be the first to speak of good things?

Ngyini baya-na marana budyari.

Be first to be strong as a great tree.

Marana bulbuwal marri daramu.

Be first to seek out and embrace good things.

Marana naa dyalgala budyari.

Will you run away from fear and evil (drugs, grog) and be first to to be strong (make an example of yourself)?

Djirrun marana miri bulbuwal.

Take hold of good thoughts and pass them to others. Take hold of the truth and speak strong.

Mawa budyari mawa yuwing baya bulbuwal.

CHOCO

Carry a sense of community, have respect for individuals – the community is life – we all have a part to play – we all need to care for our kids.

LIEUTENANT DAN

Elders get their experience first hand, learn from that, you don't have to make the same mistakes, or maybe you do need to feel the pain yourself?



DAGS

Fear – conquer your fear – education, get some education or you'll lose contact and be unaware of the world. Be yourself – what you put out comes back – remember; respect not fear.

EVERYONE

Find your own demons and deal with them. Loss of self esteem is a spiral down to nothing. Learn and read, find out about the world. Take care of your kids – they are your future. Good role models, we've got to have community role models.

MURU NANGA MAI – PATHWAY TO THE DREAMING

The Snake, Witij, in the form of the creator, goes to bad or formless country and makes it strong with the help of his companion Marlu, the dreaming spirit Kangaroo who follows closely.

Witij Marlu dali ngurang wari wiri nura. Marlu walanga Witij.

Marlu helps make a strong country.

Marlu bini-ba bulbuwal nura.

When we follow a wrong path of deceit and badness we should turn back to the dreaming path and follow the dreaming way.

Ngun walanga wiri gunga wilang wiri muruwali walam nanga mai.



MOTHER

It's about respecting each other
– think of the effects of your
behaviour:

BUCKY

Family is the most important thing
– when you ignore your family you
lose them. Take time to be there
for your family.

YOUNG WOMAN'S DREAMING

This painting is about a young woman's dreaming.

Guragalunggalung nanga mai.

She is soon to make a child.

Bal el guwaga bini-ba gurung.

The young woman joins together in a ceremony.

Guragalunggalung mullauna bianee yulang.

The ceremony is with her totems Kangaroo, Goanna, Emu and Echidna.

Yulang Marlu, Girrawa, Murawung, Tullatula.

Her dreaming spirit is strong.

Guragalunggalung nanga mai darmalun bulbuwal.

See and look at how hard it is to break that path.

Naala garangul muru el.

ALCOHOL AND OTHER DRUG INFORMATION EXPO

Call these services if you want more information

CENTRAL INTAKE SERVICE

Drug Health Services SWSAHS

Central Intake Number
9616 8586 or 1300 669 663



Centralised intake, assessment, counselling and referral

ALCOHOL AND DRUG COUNSELLING AND DETOXIFICATION

Liverpool Aboriginal Health Team

Liverpool Community Health Centre
9828 4844



Aboriginal drug and alcohol counselling

Macarthur Aboriginal Health Team

Campbelltown
4629 2111



Aboriginal drug and alcohol counselling

Campbelltown Community Health Centre

Campbelltown
4629 2111



Drug and alcohol counselling and home and community detoxification

Odyssey House

Eagle Vale
9281 5144

Detoxification and rehabilitation for adults

Fairfield Drug Health Services

Prairiewood
9616 8800



Inpatient and community based detoxification, assessment, counselling and group programs

SERVICES FOR YOUNG PEOPLE

TRAXSIDE Youth Health Service

Campbelltown
4629 2111, 4625 2525



Youth drug and alcohol counselling

Mission Australia Drug and Alcohol Awareness Program

Campbelltown
4628 0211

Information, education and referral for young people

Triple Care Farm

Robertson
4885 1265

Rehabilitation for young people

METHADONE/BUPRENORPHINE (PHARMACOTHERAPY) SERVICES

Macarthur Drug Health Services (Coopers Cottage)

Campbelltown
4634 4177

ABORIGINAL MEDICAL SERVICES

Tharawal Aboriginal Corporation

Airds
4628 4837



SUPPORT GROUPS

Dhuuluu Yalla Fella Men's Group

Miller
9828 4844



Muru Nanga Mai

Aboriginal Community Support Groups
Minto Bush Camp
9828 4844 or 4628 4837



Alcoholics Anonymous

Various areas
9799 1199

24 hrs Help Line and support groups

Al Anon

Various areas
9264 9255

Support for friends/relatives of people with alcohol problems

Narcotics Anonymous

Various areas
9212 3444

24 hrs Help Line and support groups

Nar Non

Various areas
9418 8728

Support for friends and relatives of people with narcotic drug problems

SERVICES FOR WOMEN

Drug and Alcohol Women's Network (DAWN)

Campbelltown
4625 5513



Women's support and medium-term accommodation

24 HOUR TELEPHONE INFORMATION SERVICES

Alcohol and Drug Information Service

8382 2111 or 1800 422 599

Family Drug Support

1300 368 186



Indicates that this organisation has an Aboriginal service and/or worker.

