



Annual Report

THARAWAL ABORIGINAL CORPORATION

2025

Accreditation

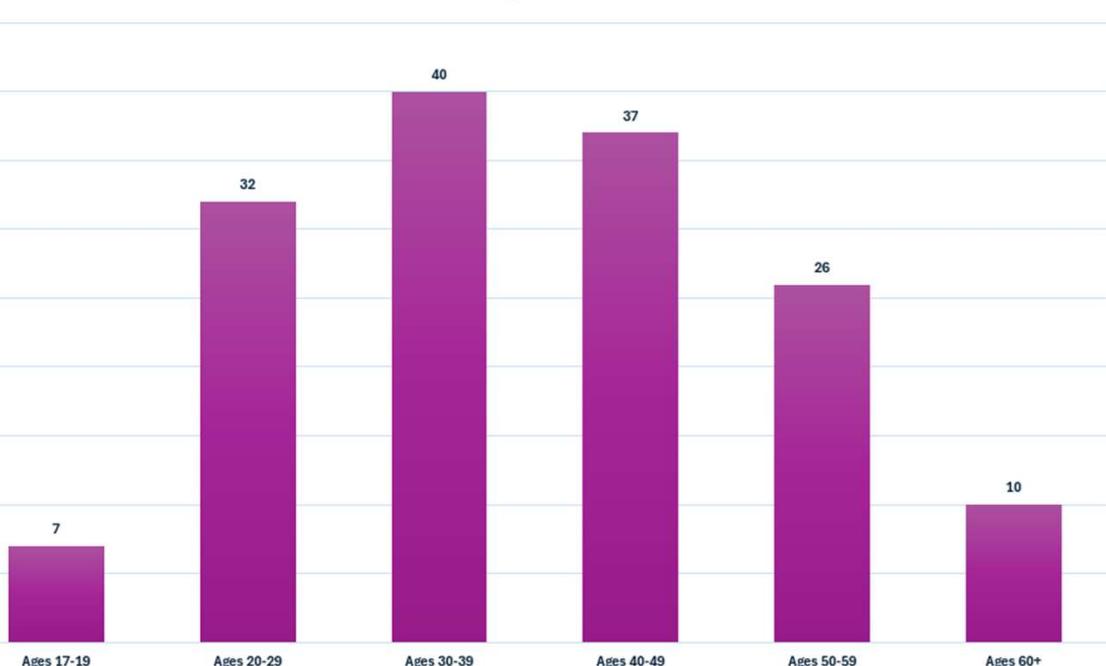
ALL OF THARAWAL ARE UNDER AN ACCREDITATION FRAMEWORK

- **SEWB, BF, Admin** – QIC (QIP)
- **Medical** – AGPAL
- **Dental** – NSQHS (QIP)
- **Oorunga Wandarrah** – Childcare NQS (ACECQA)
- **Waranwarin** – Childcare NQS (ACECQA)
- **Housing** – National Regulatory System for Community Housing (NRSCH)

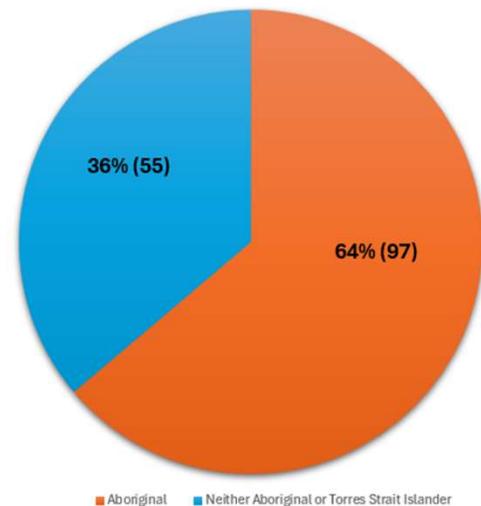


Workforce Profile

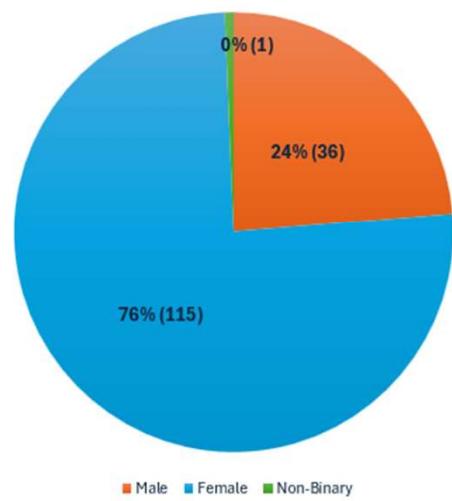
Staff Age Profile



Staff Aboriginality Profile



Staff Gender Profile







Elder's Olympics 2025

Airds High School

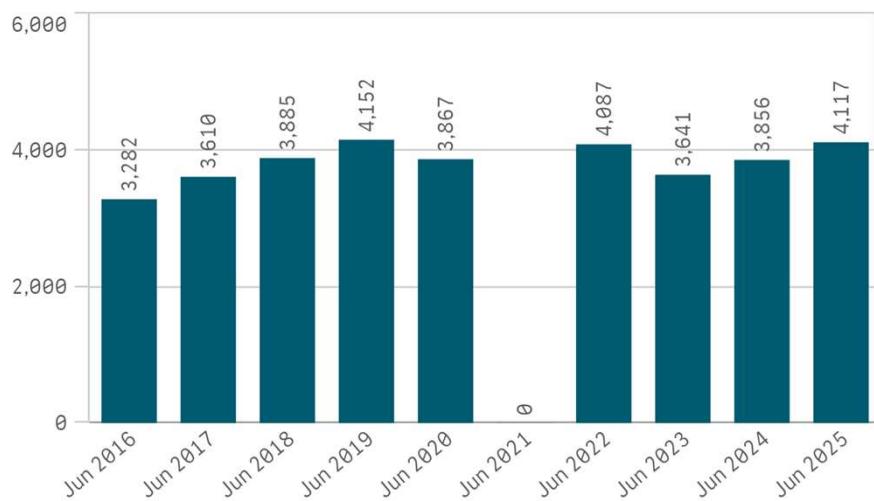
Aboriginal Medical Service

THARAWAL ABORIGINAL CORPORATION

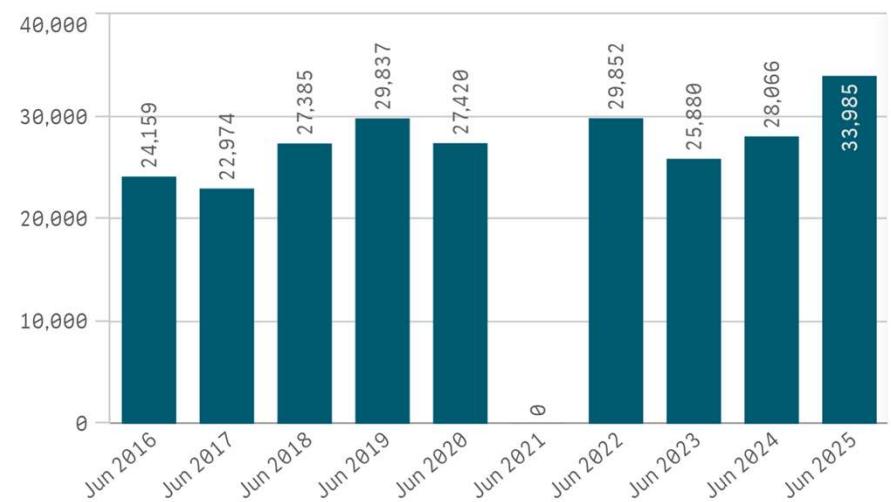


Medical Service Snapshot

Clients



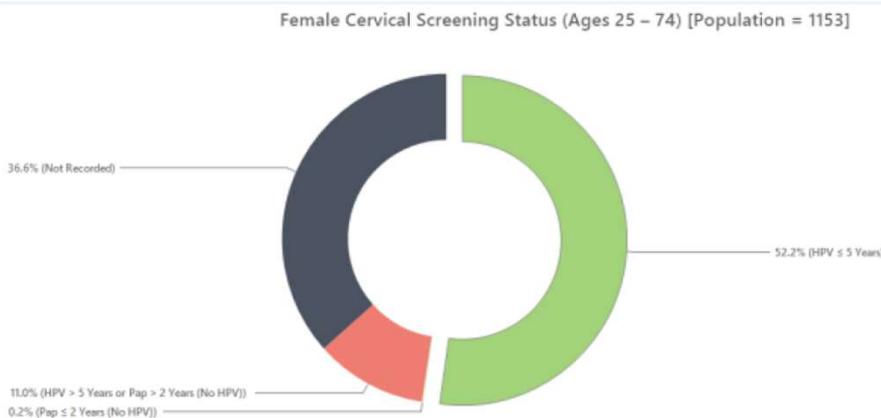
Episodes of Care



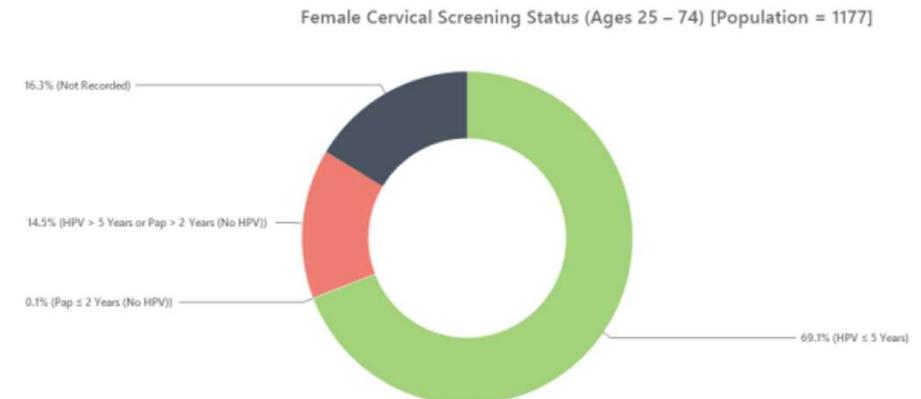
Medical undertook significant data cleansing and our nKPI for cervical screening improved from 52% to 69%

A significant step forward in preventative women's health.

July 2025



October 2025



AMS Health Promotion

- Breast Screening
- Liver scans
- Cervical screening
- Flu vaccines
- Clontarf Health Check Days



New Services

In addition to the 20+ specialist services the AMS already conducts there are a few new services that have commenced:

- Gynaecology Service
- Stress Echocardiogram
- Orthopist (*diagnoses & treats eye movement disorders & Other vision problems*)
- Physiotherapist
- Elder Care Co-ordinator
- Menopause Specialist clinic commencing 2026
- Junior Medical Officers through NSW Health Education & Training Institute





9 Aboriginal Health Practitioner Graduates

Aboriginal Health Practitioners had the opportunity to join NSW Ambulance for a ride along for 2x 12hr shifts as part of their First Nations Health Worker Traineeship.

I recently completed a ride-along with the ambulance team, and it was a really valuable experience. It gave me a better understanding of how our patients are treated in others care, and it provided a different but very positive kind of exposure to the pre-hospital side of care. Overall, it was a great opportunity and I'm glad I was able to take part in it. -Jasmine





Some of our AHP's completed their EarTrain course with Tafe NSW and are now qualified to perform Ear screening. They are currently working with the local primary schools to conduct weekly outreach hearing tests within the schools.



Our Doctors attended the Deadly Doctors Forum in October 2025 where they were able to strengthen networks, share knowledge and education with other doctors working in ACCHO's in NSW



Our Aboriginal Medical Service is proud to have two Aboriginal doctors providing culturally grounded, community-led care, Dr. Ethan Johnson & Dr. Tatum Maybir





Tharawal participated in NACCHO's evaluation of Aboriginal Medical Services COVID-19 response and received a glowing review:

“Effective health promotion was a pivotal element of Tharawal’s pandemic response. The cumulative results of these efforts were substantial, with Tharawal achieving the second highest rate for vaccinations (>5,000 and over 80% of the community) in communities across NSW.”

Dr. Allison & AHP Margaret, attended the Aboriginal & Torres Strait Islander Cultural and Health Training (AHT) Day with the Joint Colleges Training Services in May 2025.





Our AHP's & Nursing staff completed their QAAMS training to perform Point of Care HBA1C & ACR Testing.

Tharawal's Medical ENT Service won the 2025 Quality award for excellence in Aboriginal Healthcare.



Breastfeeding
workshops
conducted with
Mums & Bubs in
the community
around breast-
feeding & birthing.





Tharawal Dental Clinic



From 1/11/2024 – 1/11/2025

- Number of patients: 1,225
- Total Visits: 2,906
- Total treatments: 9,393
- Dentures: 51
- Mouthguards: 63
- 2025 Knockout Mouthguards: 363

THARAWAL METABOLIC PROGRAM



Medical supervision and management of conditions associated to obesity



Intensive lifestyle intervention



Onsite gym with individualized and supervised exercise classes



Consideration for pharmaceuticals and publicly funded bariatric surgery

Multidisciplinary team made up of:

Aboriginal Health Practitioner	Dietitian, Nurse Practitioner
Endocrinologists	Exercise Physiologists, Physiotherapists
Clinical Psychologist, Psychiatrist	Advanced Endocrinology Trainees

THARAWAL METABOLIC PROGRAM

89 clients in clinic since 2021 (**47** active)

29 participants included in the TGRS research project

16 participants have completed 6-months of follow up

6 participants have completed 1 year of follow up

3 participants progressed to publicly funding bariatric surgery

FEEDBACK FROM PARTICIPANTS

- *“Inspired to lose weight, be bodily and mentally healthy and meet nice people. Great support by people who care”* ~Bronwyn, 2024
- *“With the support of the whole team I have lost over 30kgs, reconnected with my community, felt welcomed at the gym by my peers and staff”*
~Linda, 2024
- *“Being able to have access to the gym has given me social interaction and exercises that make me feel comfortable and in a safe place”* ~Helen, 2024
- *“I am now living not just existing”* ~Amanda, 2024”



GOOD TUCKER ALL ROUND

	JAN-JUN	JUL-OCT
Go4Fun	0	0
Donation Funding	10	10
Macs	16	34
ER	3	0
Volunteer	40	34
Community	541	410
Waranwarin	26	30
Bfutures	0	0
Housing	22	18
CHSP	0	0
AOD	0	0
Mental Health	0	0
SWSLHD Dhealth	0	0
Total	694	536

A.M.S.

Social and Emotional Wellbeing (SEWB)



Commonwealth
Home Support
Program

Bringing
Them Home

Mental
Health

What services do SEWB provide?

Domestic
and Family
Violence

Youth
Support

Alcohol and
Other Drugs

How are SEWB tracking from our 12-month plan?

Last Year Plan	Now
Increase in staff	<ul style="list-style-type: none">We have had a staff increase on 141% from staffing numbers being 12 to 29 staff members in the SEWB Team
Increase in group work	<ul style="list-style-type: none">DBT – Our DBT group is now running in its 5th session with consistent attendanceYouth – Our youth team has expanded their group to bring in the Dance and Didge Groups; we now also run school holiday programs for children that are engaged in the programElder's Groups – We facilitate 3 elders' groups on a weekly basis through the Commonwealth Home Support Program.
Increase in our data collection	<ul style="list-style-type: none">Our data collection is tracking well that has allowed us to receive slight increases in funding from our funding bodies. We will continue to work on this as it is important for the work we do.



SEWB Youth Programs

- Kid's Camp – January 2025
- Dance Group
- Youth Group
- Didge Group
- School Holiday Programs



Commonwealth Home Support Program (Elders Programs)

Commonwealth Home Support Program (CHSP) has expanded its program in the last 7 months with expanding our services with now 70 elders signed onto the program

We have 9 staff members in this team doing social support individual with helping elders in their homes and social support groups, hosting activities at Tharawal or outings.



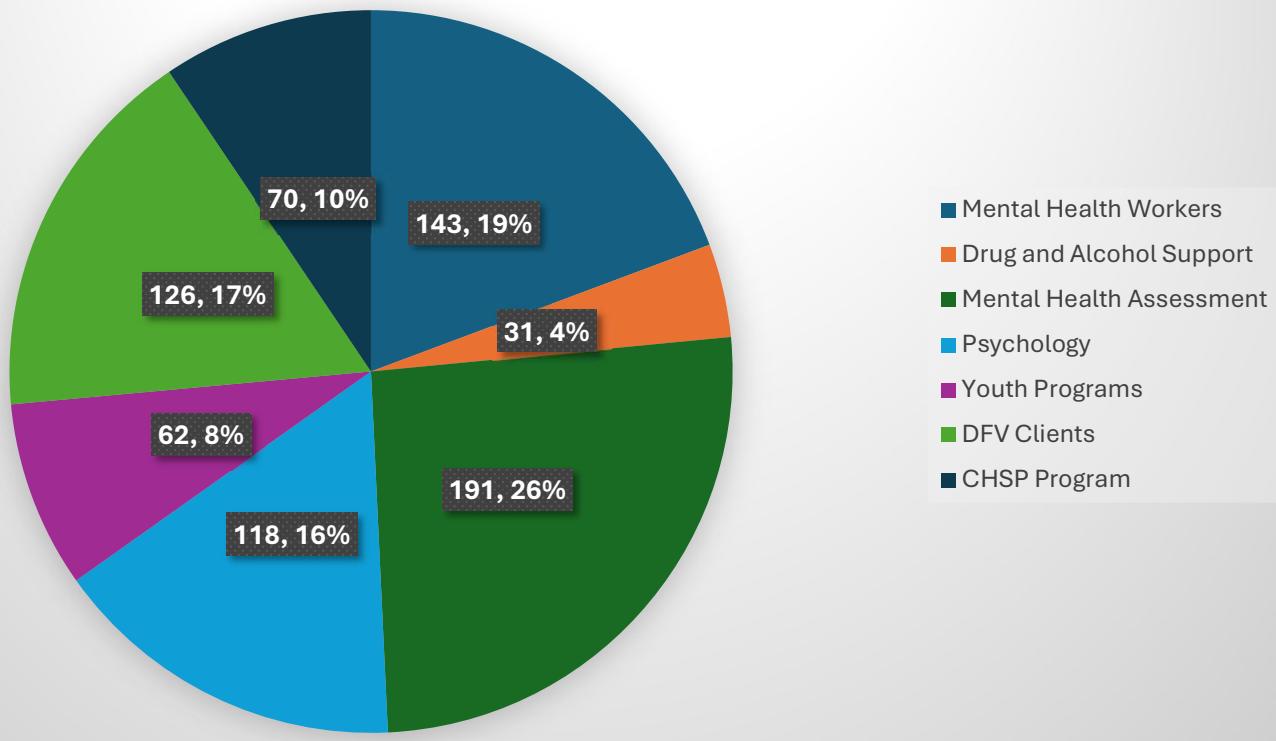
Domestic and Family Violence (DFV)

Started in October 2024 with 4 staff members, now expanded to 6 staff.

We work with women, men and children that are experiencing domestic and family violence

Tharawal DFV is one of the only service that supports men experiencing DFV.

SEWB Clients seen November 2024 – November 2025



SEWB Evaluation – Sax Institute

THARAWAL SEWB SERVICE

WHAT YOU TOLD US

FEELING SAFE AND SUPPORTED

- Nearly everyone said they feel comfortable and respected when coming to SEWB.
- People told us staff are kind, listen and care, and make them feel safe to talk about what's going on in their lives.
- Many said they feel welcomed like family, not like a service.



ACCESS AND FLEXIBILITY

- Clients liked that transport was available to them.
- Having the SEWB team on site and linked with other health workers made it easier to get help.

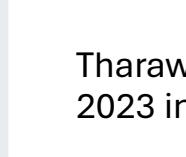
POSITIVE CHANGES IN WELLBEING

- Most clients said their mood, confidence, and outlook improved after taking part.
- People noticed they were less stressed or anxious, and felt more in control of their emotions.
- Several said they now have better ways to cope when things get hard.



CONNECTION AND BELONGING

- Many shared that the service helped them reconnect with culture, family, and community.
- Group activities and yarning were seen as important for sharing stories and building trust.
- People said it felt good to be around others who understand.



KEY INSIGHTS

- Opportunities to strengthen spiritual connections.
- Efforts needed to support connection to country.
- Opportunities to foster community engagement.
- Some may not prioritise cultural connections.
- Potential barriers to strengthening relationships for some clients.
- Highly effective in addressing mental and emotional needs.

OVERALL EXPERIENCE

- Most people rated the SEWB service very highly and said they would recommend it to others.
- Clients said the holistic support – caring for body, mind, and spirit – is what makes SEWB special.
- "It's not just talking, it's healing."* one person said.



Grouped Bar Chart: Well-Supported vs Under-Supported by Domain

Domain	Well-Supported (%)	Under-Supported (%)
Connection to Mind and Emotions	80	15
Connection to Family and Kinship	80	25
Connection to Culture	70	30
Connection to the Broader Community	70	35
Connection to Country	70	35
Connection to Spirit, Spirituality, or Ancestors	70	30

Tharawal SEWB was evaluated in partnership with the Sax Institute in late 2023 into mid 2024.

Some of the key findings which we have been working on are:

- Triaging process for specialist services.
- Waiting room is more inviting.
- More support for our youth.



What does the next 12 months look like?

Focus on expansion in the aged care space – Have applied for funding to expand in this space.

Build more groups that are tailored to our community needs – Community feedback and consultations to begin.

Presenting opportunities for SEWB Team – One opportunity has been accepted for March next year.

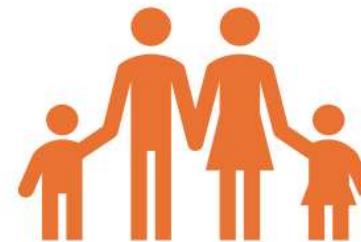
Expand youth program to try and engage more disengaged and at-risk youth

Develop more information resources for promotion – Flyers, digital resources etc.

Waranwarin Tharawal Child and Family Centre



Waranwarin Early Learning Centre



Family Programs



Family Health Connector

Waranwarin Early Learning Centre

Enrolments

- Total of 122 children enrolled in 2025.
- 77 children, aged 6 weeks old – 5 years of age.
- 45 children enrolled in Outside of School Hours with 18 regular after school care children.
- 10 children graduating from preschool to Kindergarten

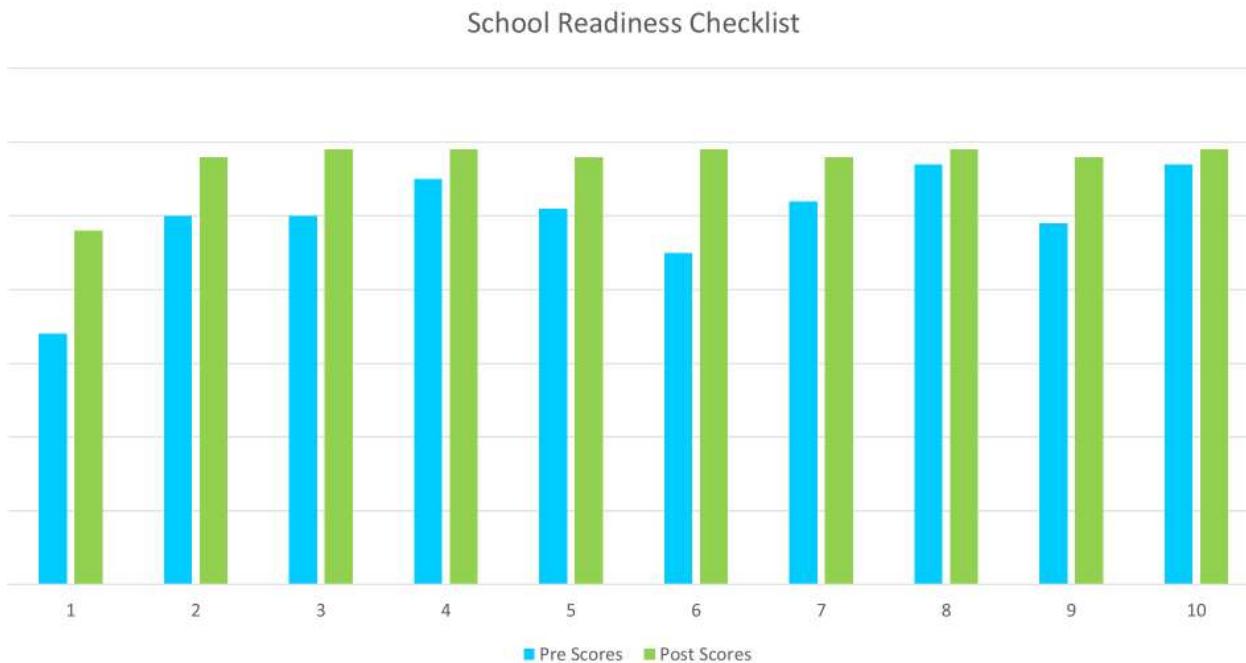
Partnerships with outside agencies

- The Gujaga Foundation
- South Western Sydney LHD
- Australian Literacy and Numeracy Foundation



Waranwarin Early Learning Centre

Educators work very hard throughout the year improving children's growth and developmental areas using the Early Years Learning Framework milestones, below indicates this year's graduate class and how they have improved in the early years before the children start their formal education.





Family Programs 2025



Family Programs offer the following activities

- Supported Playgroups x 2
- Parenting Programs
- Deadly Homework Club x 3
- Cultural Sewing Program
- Family Holiday Activities
- Camps

Oorungah Wandarrah MACS Centre

- **54** children enrolled
- **10** children graduating
- Weekly visiting Allied Health team:
 - Child Psychologist
 - Speech Therapist
 - Occupational Therapist
- Gujaga-Dharawal language group, twice a week
- Australian Literacy & Numeracy Foundation support with books and breakfast program
- School transition program with Briar Rd Public School every 2nd Monday



Tharawal Housing Aboriginal Corporation

- 160 social housing properties being managed
- 9 affordable housing properties
- ERA house for people studying from remote areas
- 8 supported accommodation properties
 - Finding Your Way and Dubay Gunyah Transitional Housing Programs for men, women, children, families and education
- Sustaining Tenancies program has been refunded for a further 2 years
- ORIC audit successfully completed October 2025



THANK YOU