



Narang Bir-rong



CYP NAME
Cultural Care Plan



Narang Bir-rong

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Acknowledgement of Country

Narang Bir-rong Aboriginal Corporation would like to Acknowledge the Traditional Custodians of the land that we work on.

We pay our respects to Aboriginal and Torres Strait Islander peoples, as well as to Elders, both past and present.

We recognise the grave injustices inflicted upon our people due to past government policies and acknowledge the pain experienced by the Stolen Generations.

We honour those who will never make it home and dedicate our work to them - ensuring we never again have our children wrongly removed and disconnected from their family, their culture and their rightful links to their identity.



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Warning: Aboriginal and Torres Strait Islander peoples should be aware that this publication may contain images and names of people who have since passed away.



CULTURAL CARE PLAN

To support Aboriginal and Torres Strait Islander children's connection to culture and create an environment that includes:

Cultural Education: Resources on language, traditions, and customs.

Community Involvement: Participation in cultural events for belonging.

Family Engagement: Involving extended family to share traditions.

Personalised Care Plans: Respecting cultural preferences in care.

Support for Identity Formation: Emotional support for dual cultural identities.

These strategies help maintain the child's connection to their cultural roots while in care.



CULTURAL CONNECTIONS

MEET THE TEAM



Brian deVries

Operations Manager, Bringing Them Home

I'm a proud Wiradjuri, Yuin, and Kunya man, born on Dharug Land, with strong roots across Lake Cargelligo, Jerrinja, Cunnamulla, and Bourke. Both my grandmothers were survivors of the Stolen Generations, taken from their families and culture, yet they reclaimed their identities and passed down strength and resilience.

From a young age, I've worked in community services, inspired by family stories and strong leaders. Guided by the belief that "we have to give it away to keep it," I see sharing knowledge and supporting my people as both a purpose and a privilege.



Noelle King

Program Manager

I am a proud Bundjalung woman with deep family roots in the Northern Rivers of NSW. I was raised on Dharug Country and have spent most of my adult life living and working in Western Sydney. Since starting my career in the Out of Home Care sector in 2014, I have developed a strong passion for learning about and sharing culture. I am committed to ensuring that all children and young people have the opportunity to connect and celebrate their culture, family, and identity.



Allison Roseworne

Team Assistant

I am a proud Dunghutti, Kamilaroi, and Wiradjuri woman. My cultural identity is deeply rooted in the strength and wisdom of my people. My three totems reflect my strong connection to each Nation—Sand Goanna for Wiradjuri, Goanna for Kamilaroi, and Preying Mantis for Dunghutti.

I was raised in Western Sydney by a strong and beautiful elder woman who helped shape the person I am today. Through her guidance and the teachings of other Elders, family members, and community leaders I have learned and continue to walk proudly in my culture. My journey has been guided not only by my own bloodlines but also through the wisdom and stories shared across diverse Aboriginal communities.

CULTURAL CONNECTIONS

MEET THE TEAM



Kiah Manton

Family Research Worker (Genealogist)

I'm a Gamipingul woman of the Worimi nation, with connections to the Biripi and Dunghutti peoples. I grew up spending my school holidays on Worimi country in Forster, NSW and hold a deep connection to the waterways there.

I feel privileged to be connected to my culture and hold deep respect for those still seeking theirs. My passion for family research comes from a lifelong curiosity, and I'm proud to help First Nations families reconnect with their Mob, land, and identity.



Alkira Field

Cultural Connections Worker

I am a Buuthaa Dhinawaan Gamilaraay woman from Boobera lagoon with family connections to Moree. I was born and raised in Western Sydney and the lower Blue Mountains.

I am very privileged to have grown up with culture implanted in all parts of my life from a very young age. I have a passion for all culture, including dance, language, song.

Connecting our future generations to culture is always the priority for me.



MY iDENTITY

WHO I AM



INSERT NAME

Birthday: 00 month year

Place of Birth: Add both traditional country as well as hospital

Cultural Background(s): Insert Cultural Identity
e.g. Aboriginal Australian

Mob: Insert Mob

MY PLACEMENT

My Foster Carers

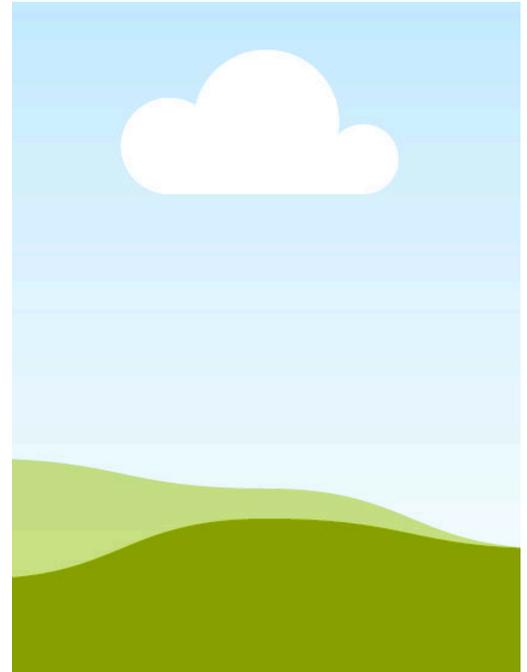
Carers Names

DOB: DOB HERE

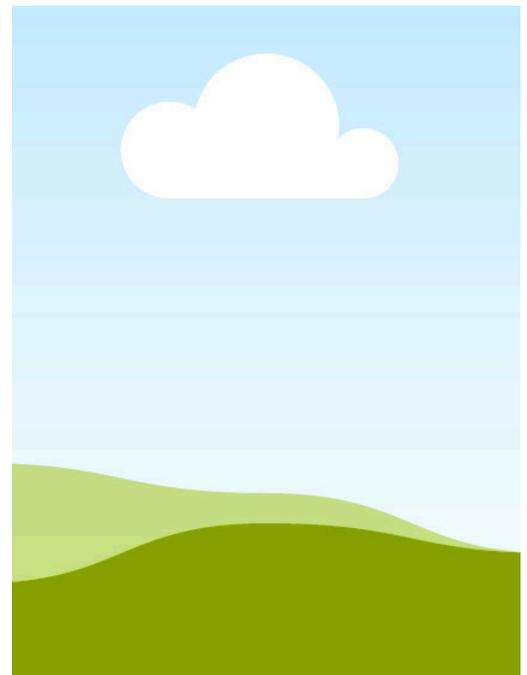
CYP, you have been cared for by **[CARER'S NAME]** since **[DATE]**.

[CARER'S NAME] is/are responsible for supporting your daily living needs, health and education.

They/he/she are committed to helping you stay connected to your family and culture, and they/he/she truly enjoy having you as a part of their/his/her family.



Caption



Caption



MY PARENTS, MY PLACEMENT

Mum and/or Dad were supported by Narang Bir-rong to have you restored to their care.

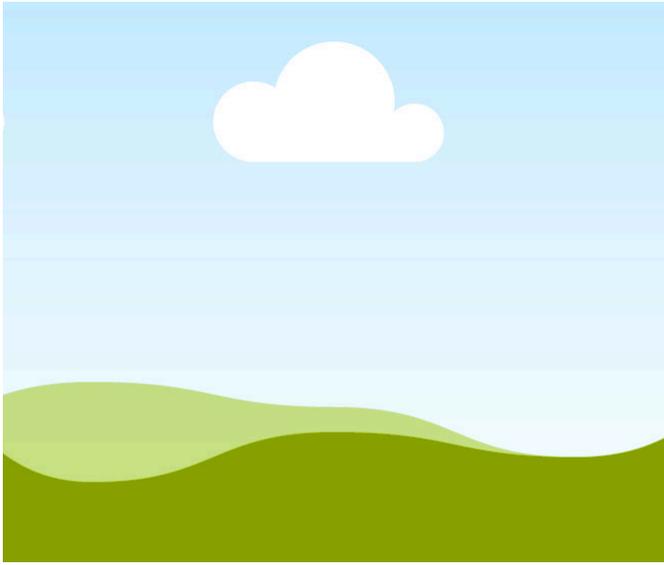
CYP, you have been back with mum and/or dad since **DATE**. They will continue to be responsible for supporting your daily living needs, health and education.

Mum and/or Dad want to help you stay connected to your family and culture, and they really enjoy having you back at home where you belong.

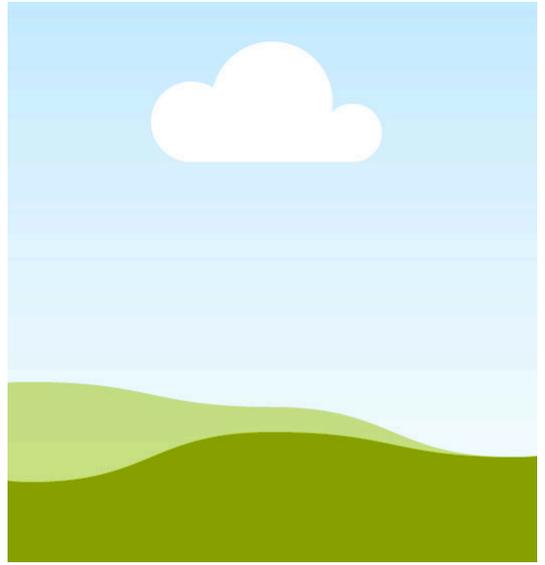
My Father	
Name:	Insert name here DOB:
Background:	Cultural Identity
Comments:	Comments here should include specifics about the parent such as where they are from, grew up etc. information about them specifically.

My Mother	
Name:	Insert name here DOB:
Background	Cultural Identity
Comments:	<i>E.g. Mum was born in Blacktown hospital and grew up in Mount Druitt most of her life. Mum has 3 sisters and is the youngest. Mum is so happy to have you home.</i>

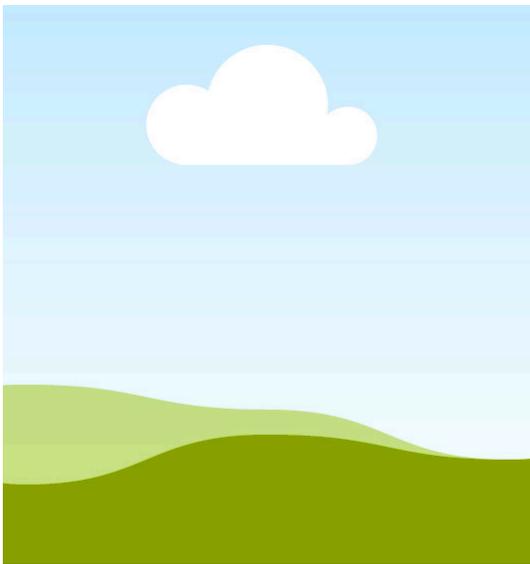




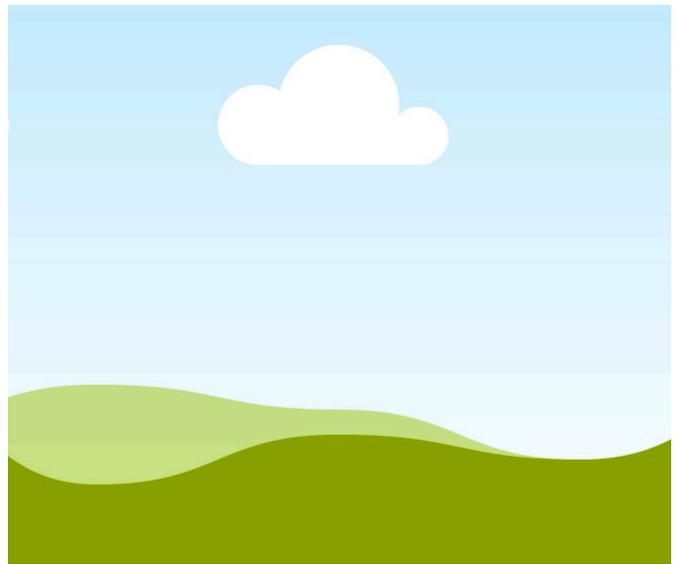
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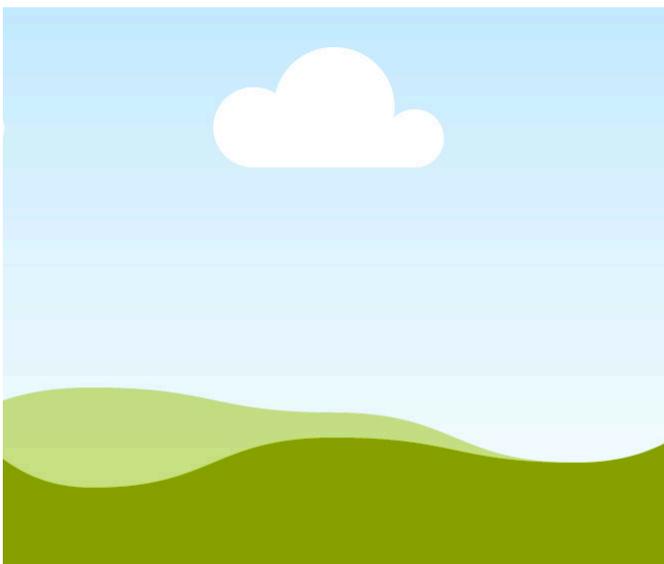
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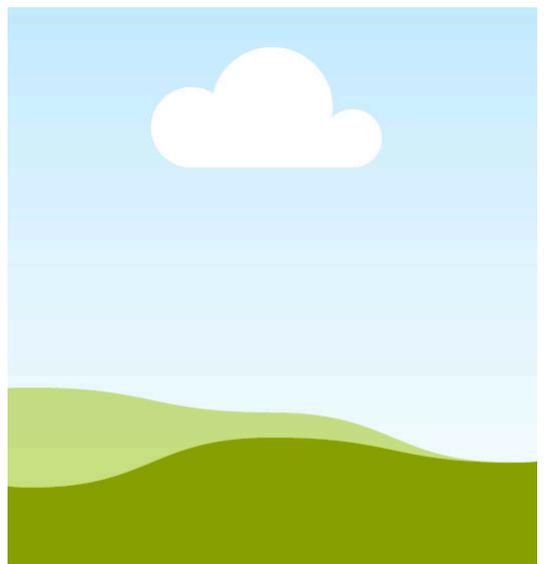
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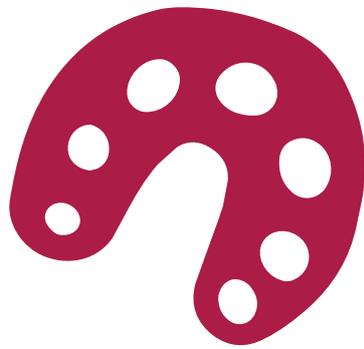
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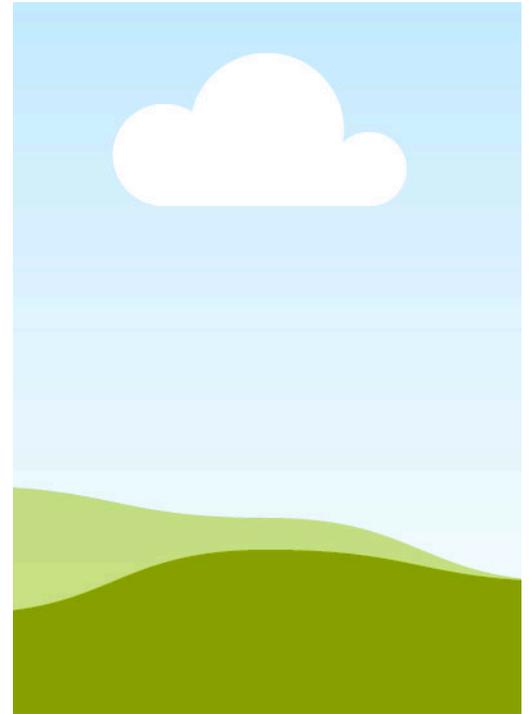
PHOTO PAGE



MY FAMILY

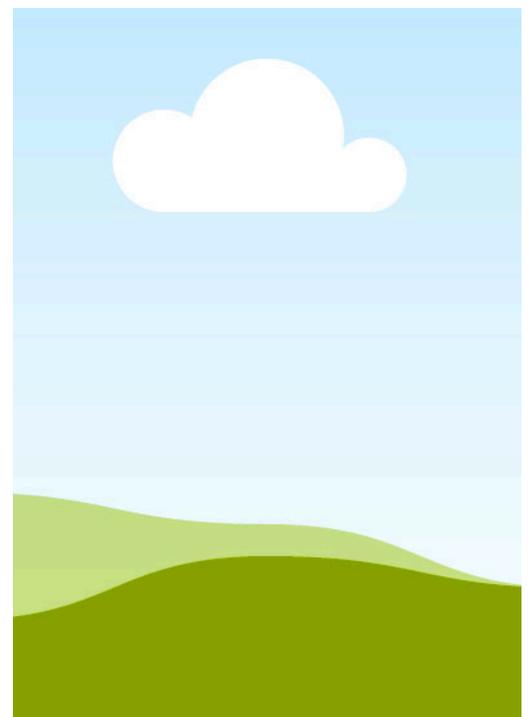
MY PARENTS

My Mother	
Name:	
Background:	
Comments:	



Caption

My Father	
Name:	
Background:	
Comments:	



Caption



MY SIBLINGS

My Sister

NAME

DOB:

My Brother

NAME

DOB:

My Brother

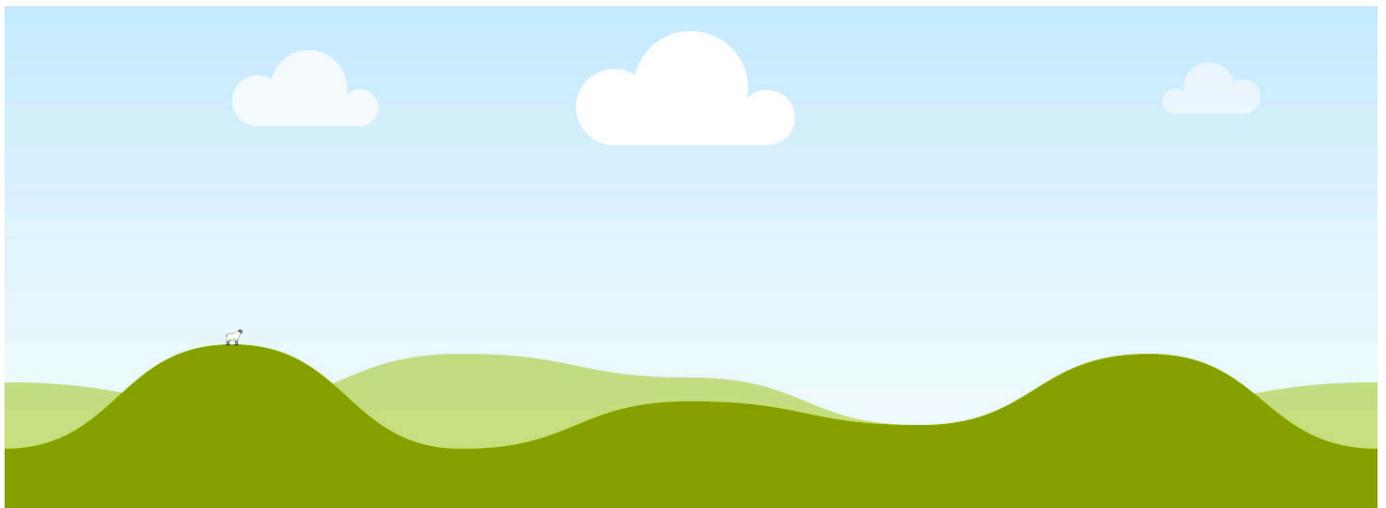
NAME

DOB:

My Sister

NAME

DOB:



Caption



MY FAMILY

My Mother

NAME

DOB:

My Father

NAME

DOB:

My Brother

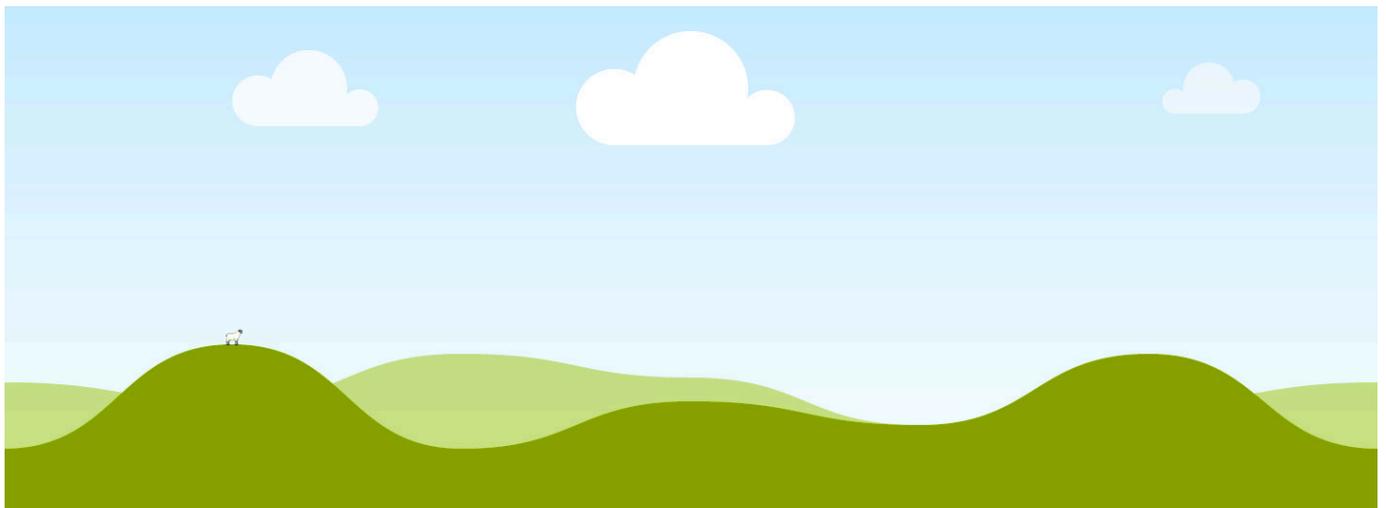
NAME

DOB:

My Sister

NAME

DOB:



Caption

FAMILY TREE



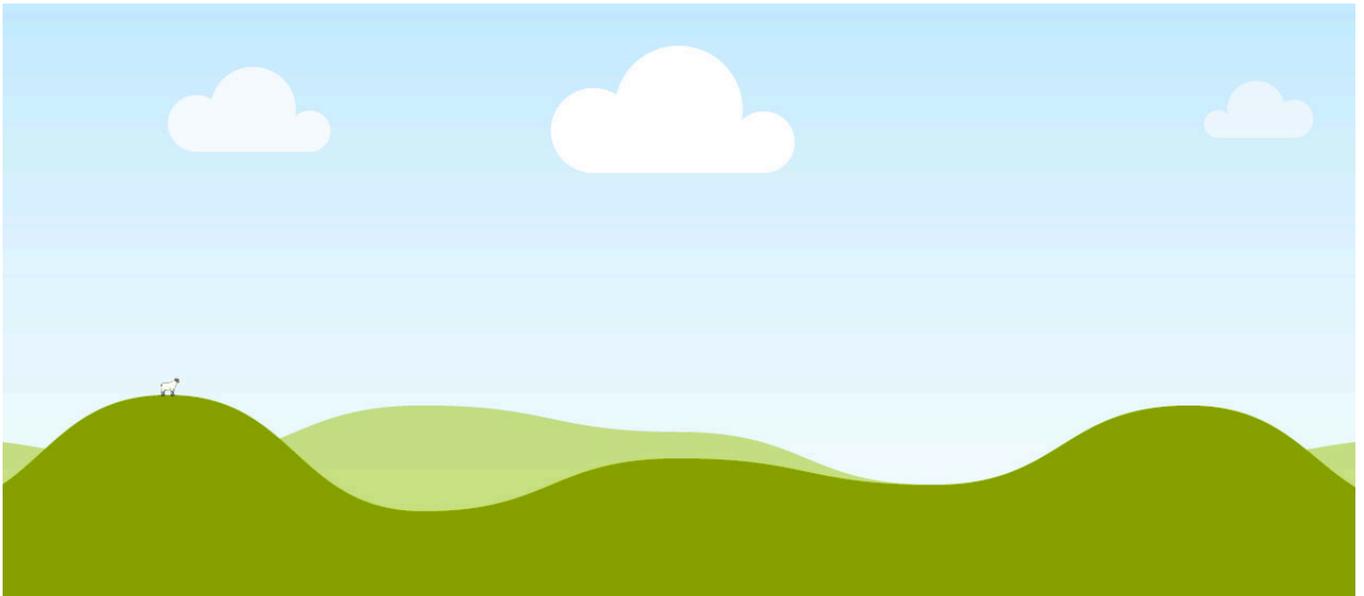
FAMILY & COMMUNITY CONSULTATION



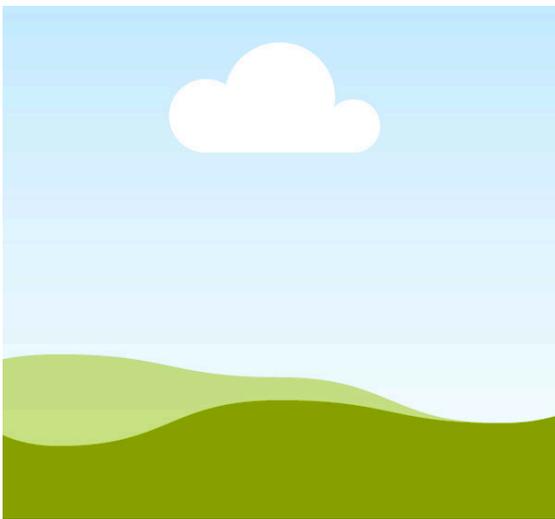
The below are family and community members who have helped us develop this plan and provide specific information that relates to you and your cultural identity.

Name	Relationship/Organisation e.g. community member	Date	Comments

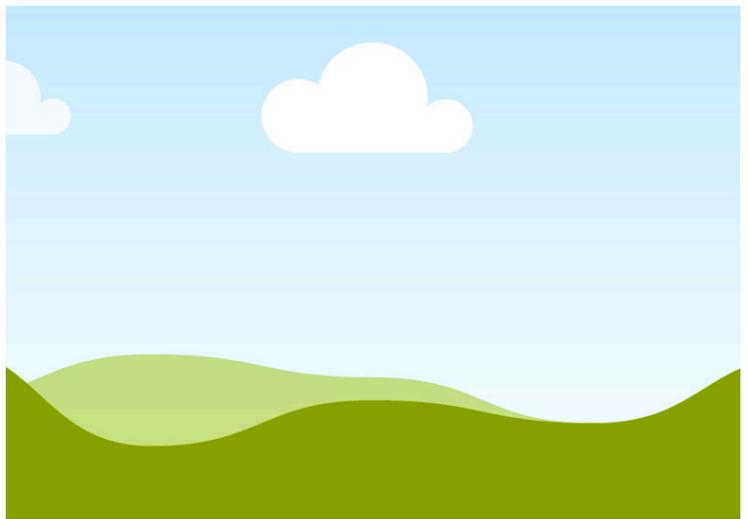




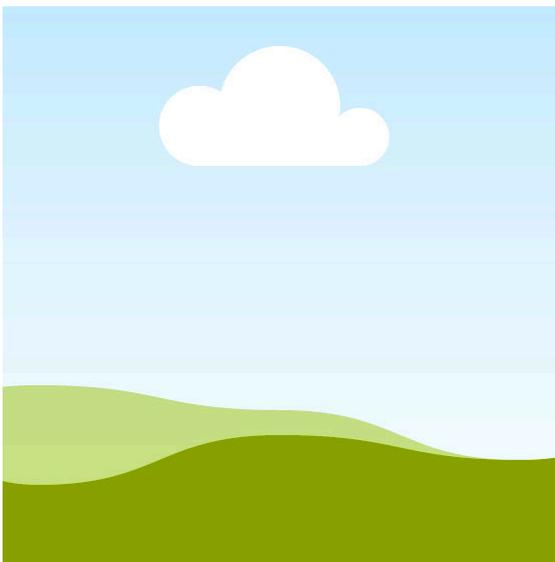
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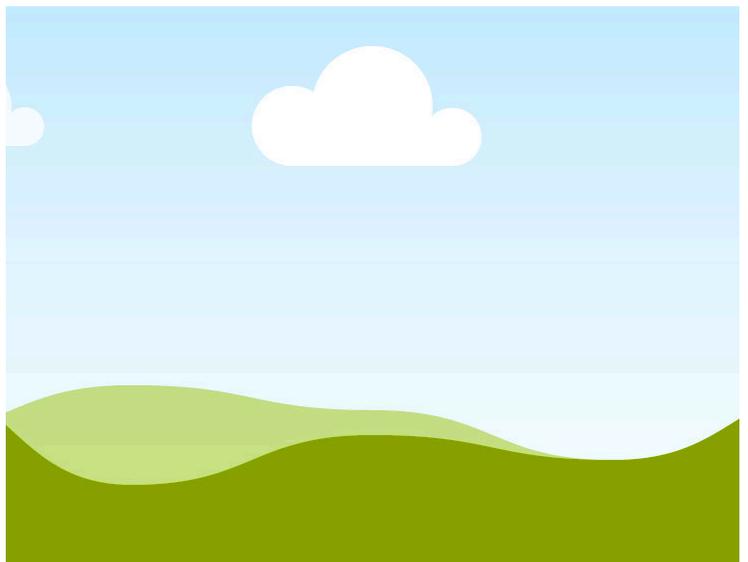
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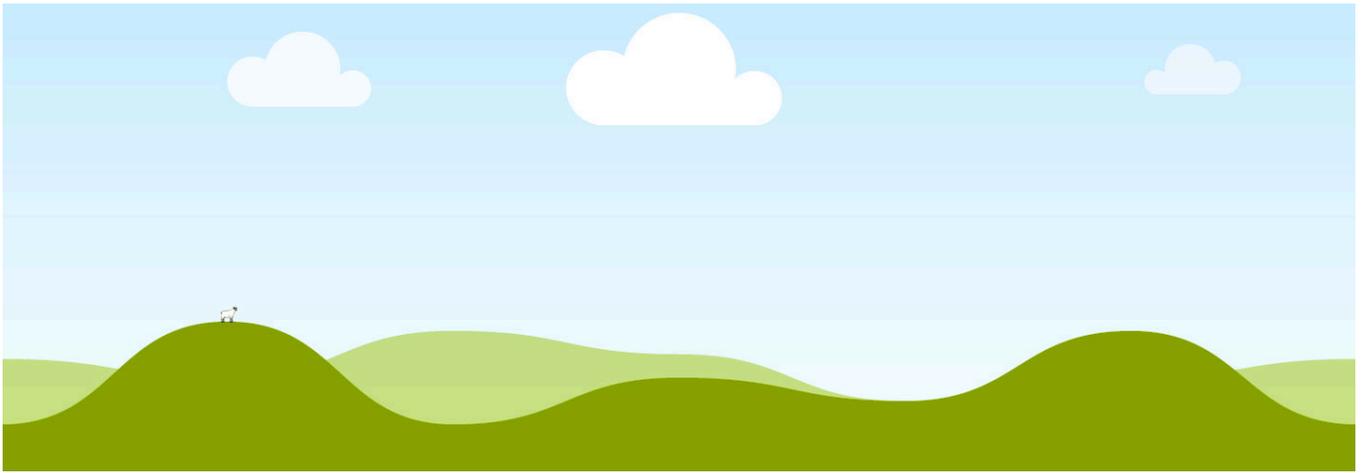


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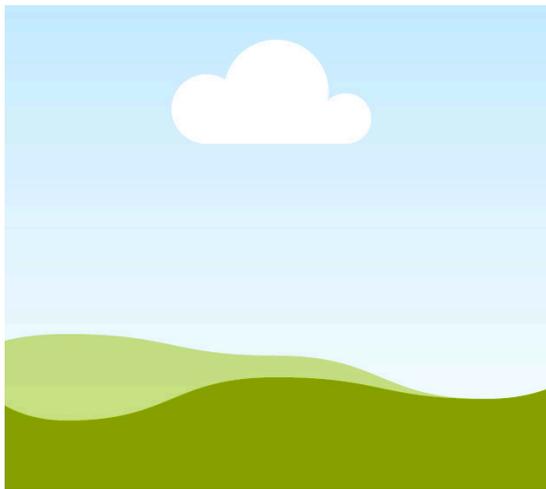


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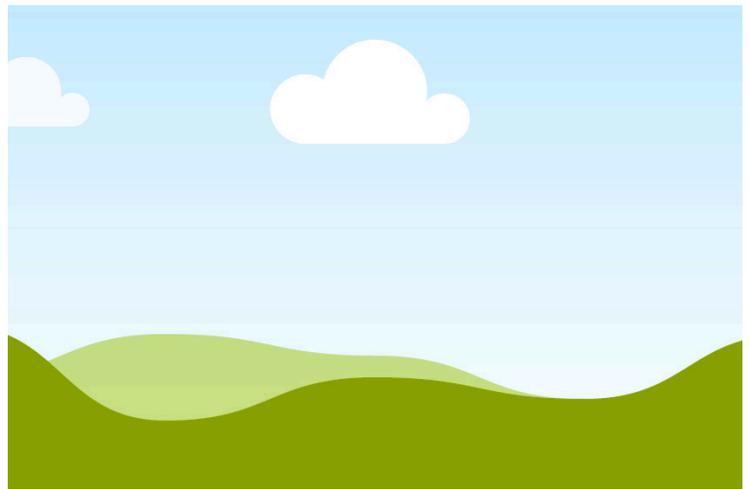




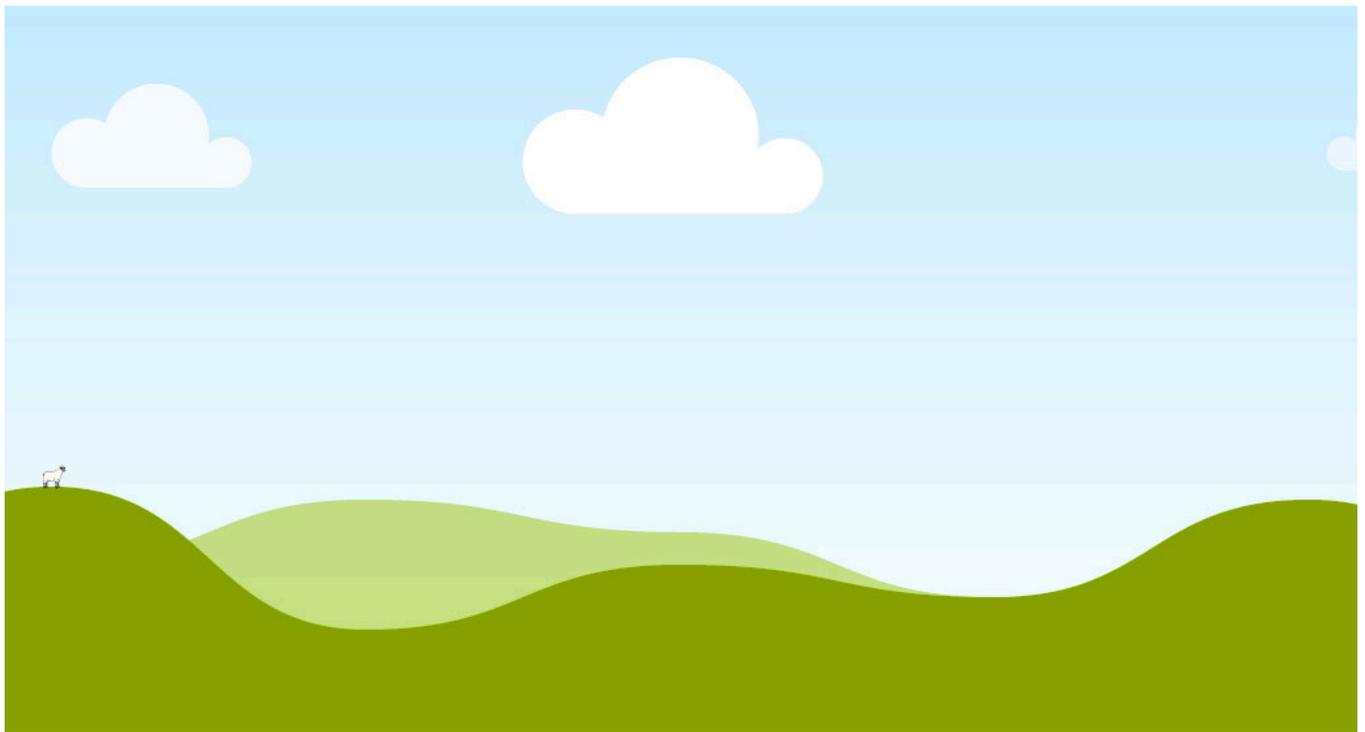
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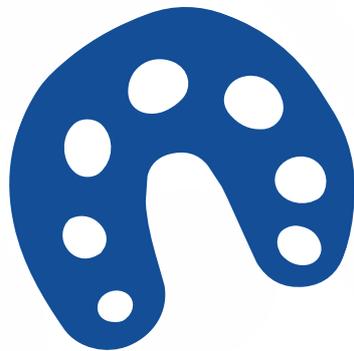
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PHOTO PAGE



ABORIGINALITY

MY CONNECTIONS

Add CYP connections in this section.

Be sure to add information around where their grandparents grew up. Places or areas significant to the family.

Add who provided this information and how they are related if they are a distant relative.



MY MOB



THE MOB NAME PEOPLE

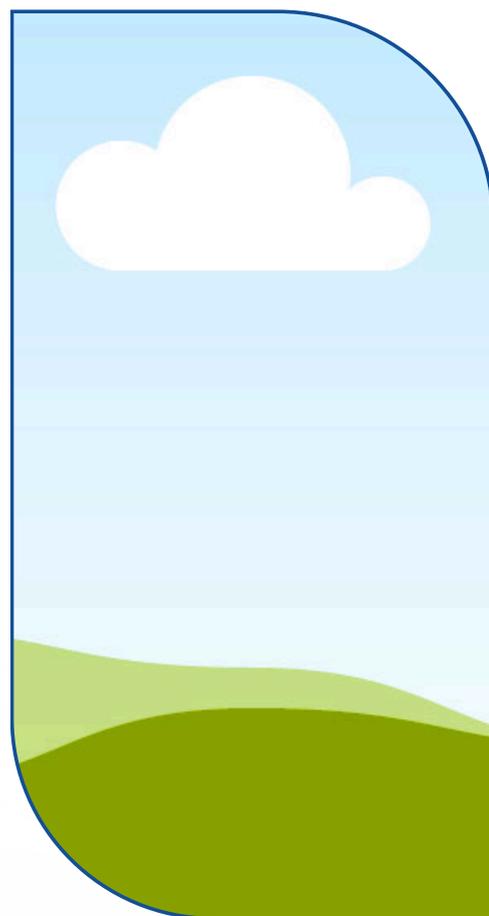
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MY TOTEM

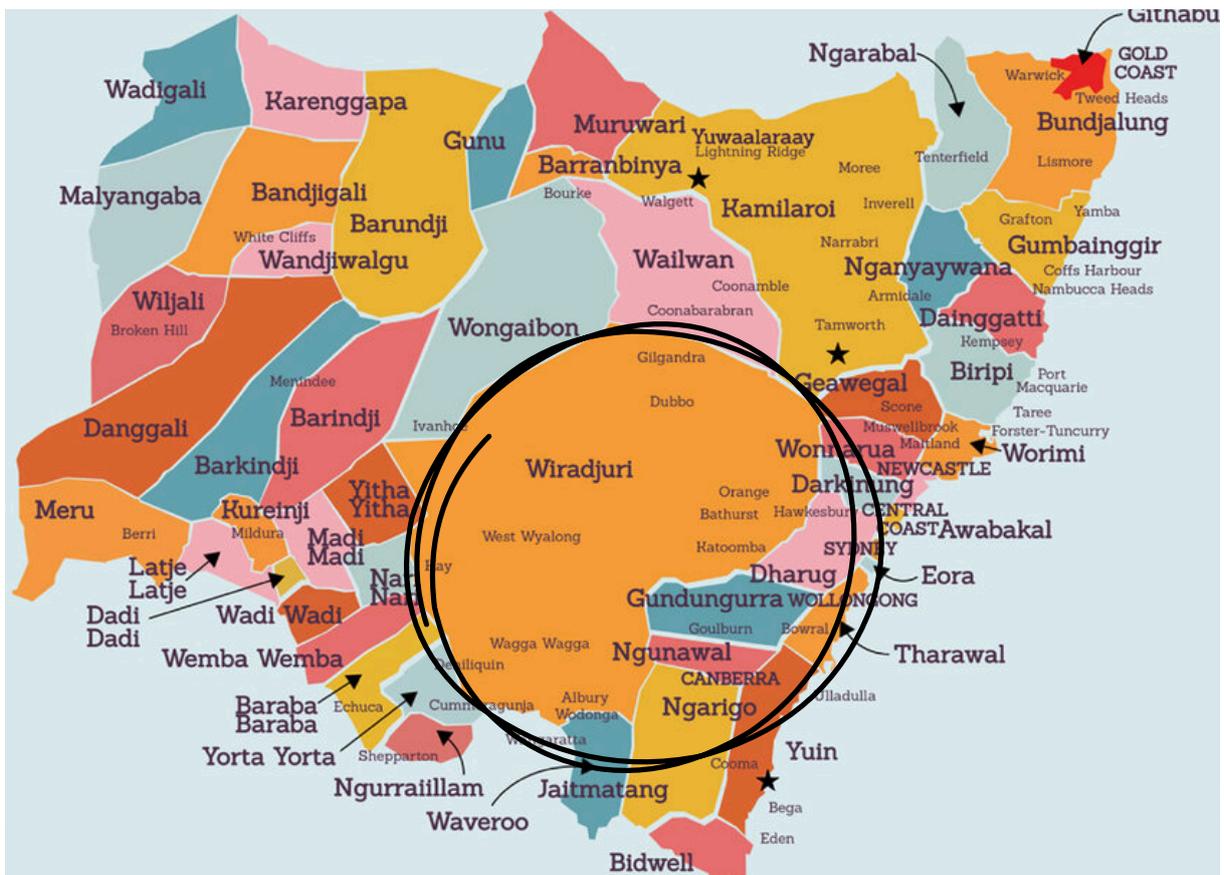
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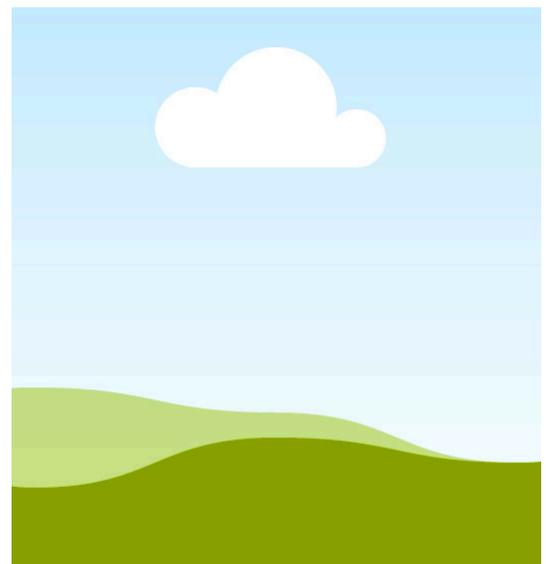
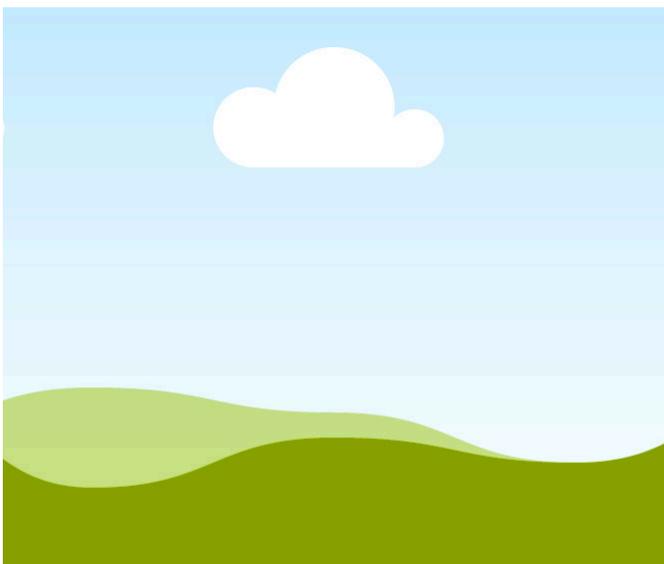
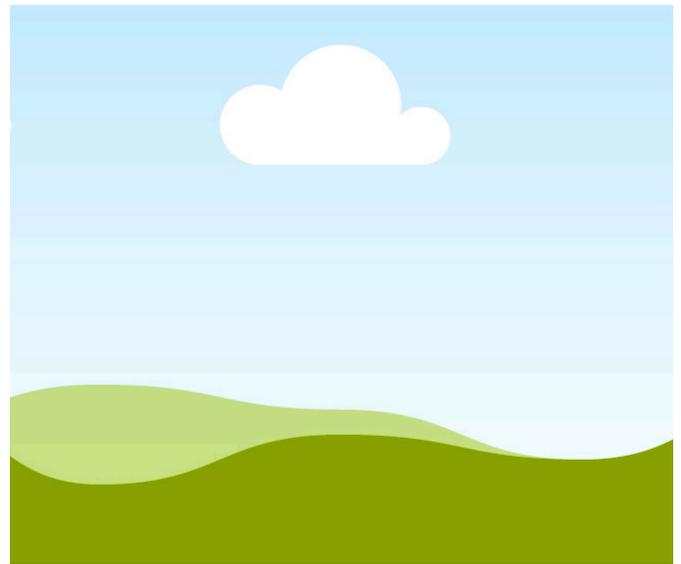
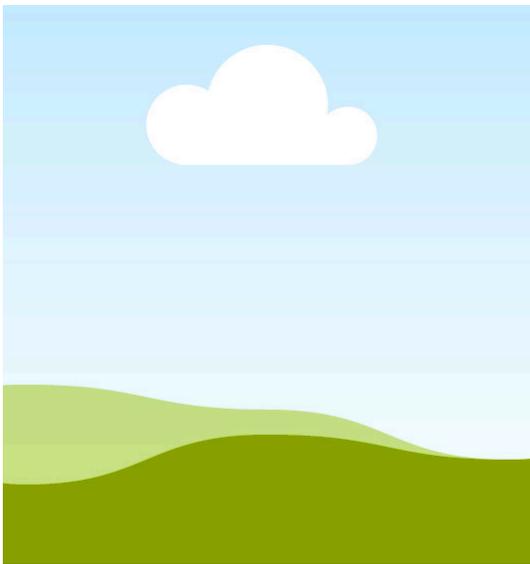
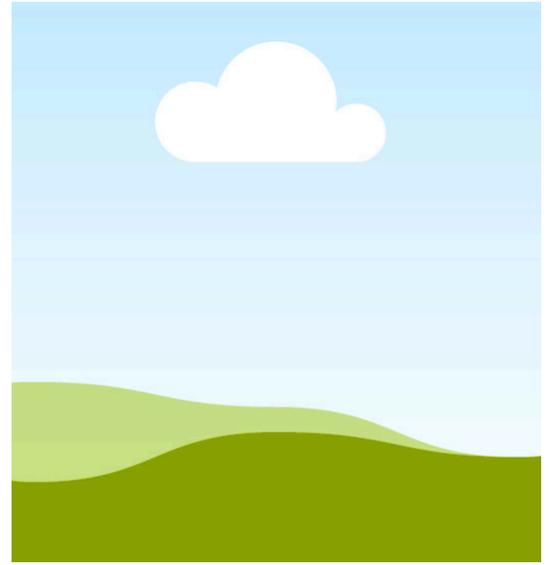
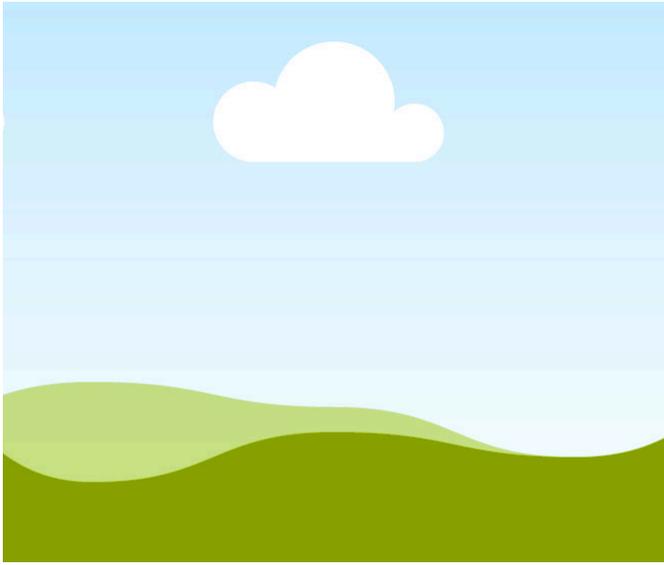
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MY COUNTRY

Include details of the specific country the CYP and family identifies with. Use the arrow below to show where this is on the map. Please use another map if not in NSW. Can also use circle if preferred.







LOCAL INDIGENOUS SERVICES

Narang Bir-rong Aboriginal Corporation

4/331 High Street, Penrith NSW 2750

Phone: 02 4761 4000 **Website:** nbac.org.au

Out of home care, Family Preservation, Foster Care Support, Leaving & After Care Support Services.

Greater West Aboriginal Health Service (GWAHS)

23-27 Cascade Street, Katoomba NSW 2780

Phone: 02 4782 6276 **Website:** gwahs.net.au

GP Management, Health Checks, Chronic Disease Education/Support Groups, Child and Adult Immunisation, Bulk Billing Services.

Koolyangarra Aboriginal Child & Family Centre

1-2 Kington Place, Cranebrook NSW 2749

Phone: 02 4706 0280

Aboriginal Playgroups, Cultural Programs, Women's Groups, Men's Groups, Young Mums, Kids Dance and Art, Youth Mentoring, Family Support.

Muru Mittigar

111 Henry Street, Penrith NSW 2750

Phone: 02 4730 0400 **Website:** murumittigar.com.au

Celebrating Culture, Caring for Community & Caring for Country

Blue Mountains Aboriginal Cultural and Resource Centre

39 Whitton Street, Katoomba NSW 2780

Phone: 02 4782 6569 **Website:** bmacrc.org.au

Aboriginal Elders Services, Community Transport, Family and Youth Services



MY GOALS

GOALS

GOAL	TIMEFRAME	PERSON RESPONSIBLE



ENDORSEMENT

Narang Bir-rong

NAME Cultural Connections Worker	DATE	
Allison Roseworne Cultural Connections Assistant		
Noelle King Program Manager		
Brian deVries Operations Manager		

Family & Other

Name & Relationship	Date	Signature

Child/Young Person - ADVISE IF CYP TOO YOUNG

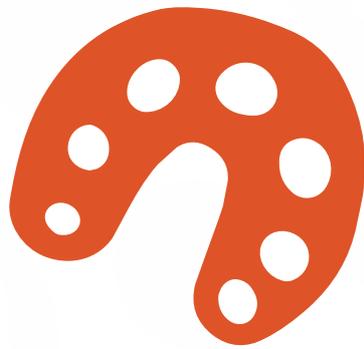
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Review Date:

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ACTIVITIES

ACTIVITY 1:

How to introduce yourself

When we meet new people, we often face the question “Who’s your mob?” This helps to identify connections or relationships between Aboriginal and Torres Strait Islander communities, family and friends. It’s important to know who you are and where you come from, as it forms the foundation of your identity and sense of belonging.

Fill in the blank and practice!

*Hi my name is _____, my mob is
_____ and my totem is the _____.*

In many cases, Aboriginal and Torres Strait Islander people may be unaware of their mob or totem, due to past government policies and disconnection from family and community. It’s essential to understand that **IT’S PERFECTLY FINE IF YOU DON’T KNOW**; your caseworker will do their best to help you in gathering information and exploring your family history.

It's important to recognise that this journey is unique to each individual. Some may find answers quickly, while others may take longer. Be patient with yourself and open to the experiences and knowledge that come your way. Reclaiming your cultural heritage is a powerful and rewarding endeavor that can bring immense personal growth and fulfillment.



ACTIVITY 2:

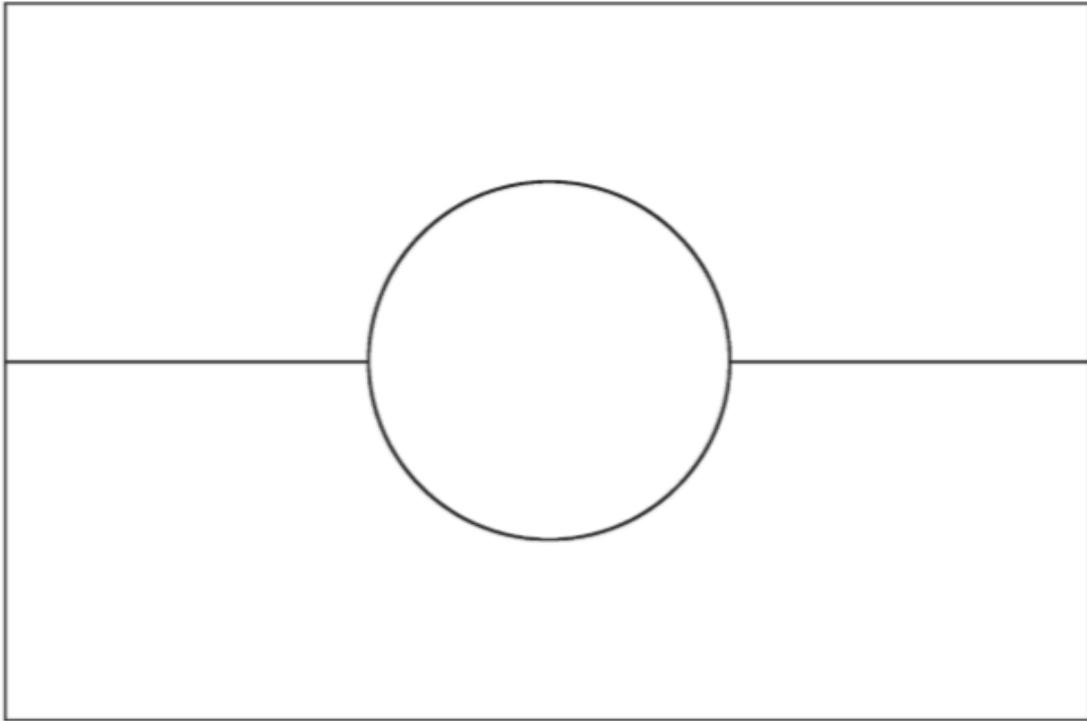
How to acknowledge country

Acknowledging country is a vital practice that honors the traditional custodians of the land and recognises the deep connection Aboriginal and Torres Strait Islander peoples have with their heritage. This practice fosters understanding and respect among communities, emphasising cultural identity and encouraging dialogue. It serves as a meaningful recognition of Indigenous peoples' history and contributions to society, promoting inclusivity.

Fill in the blank and practice!

“I would like to acknowledge the traditional custodians of the land we meet on today, the _____ people. I would also like to pay my respects to the elders past, present and emerging and extend that respect to Aboriginal people present here today.”

ACTIVITY 3:



About the Flag

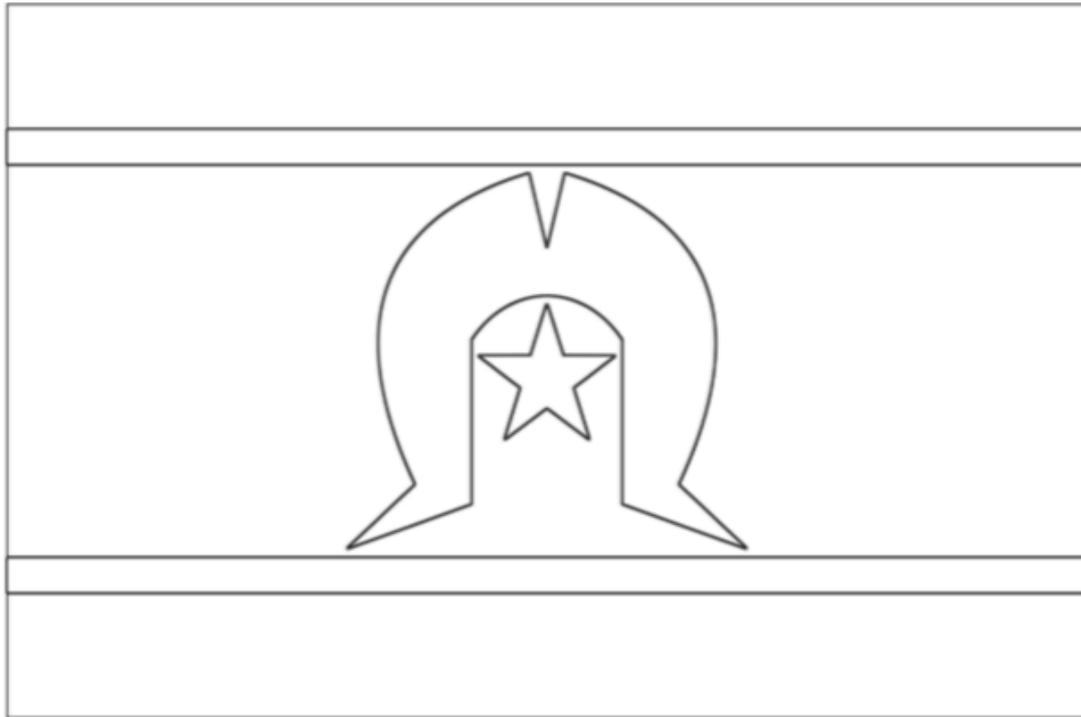
The Aboriginal flag was designed and created by artist Harold Thomas, a Luritja man from central Australia and a member of the Stolen Generations. The flag has become a symbol of Aboriginal Australia and holds special legal and political status worldwide.

The flag is divided horizontally into equal halves of black (top) and red (bottom), and has a yellow circle in the centre. The **black** symbolises the Aboriginal people, the **red** represents the earth and the colour of ochre used in Aboriginal ceremonies, and the circle of **yellow** represents the sun, the constant renewer of life.

It was created during the land rights movement and became a powerful symbol of identity, resistance, and unity for Aboriginal Australians. The flag gives visibility to Aboriginal people and their ongoing connection to land, culture, and struggles for justice.



ACTIVITY 4:



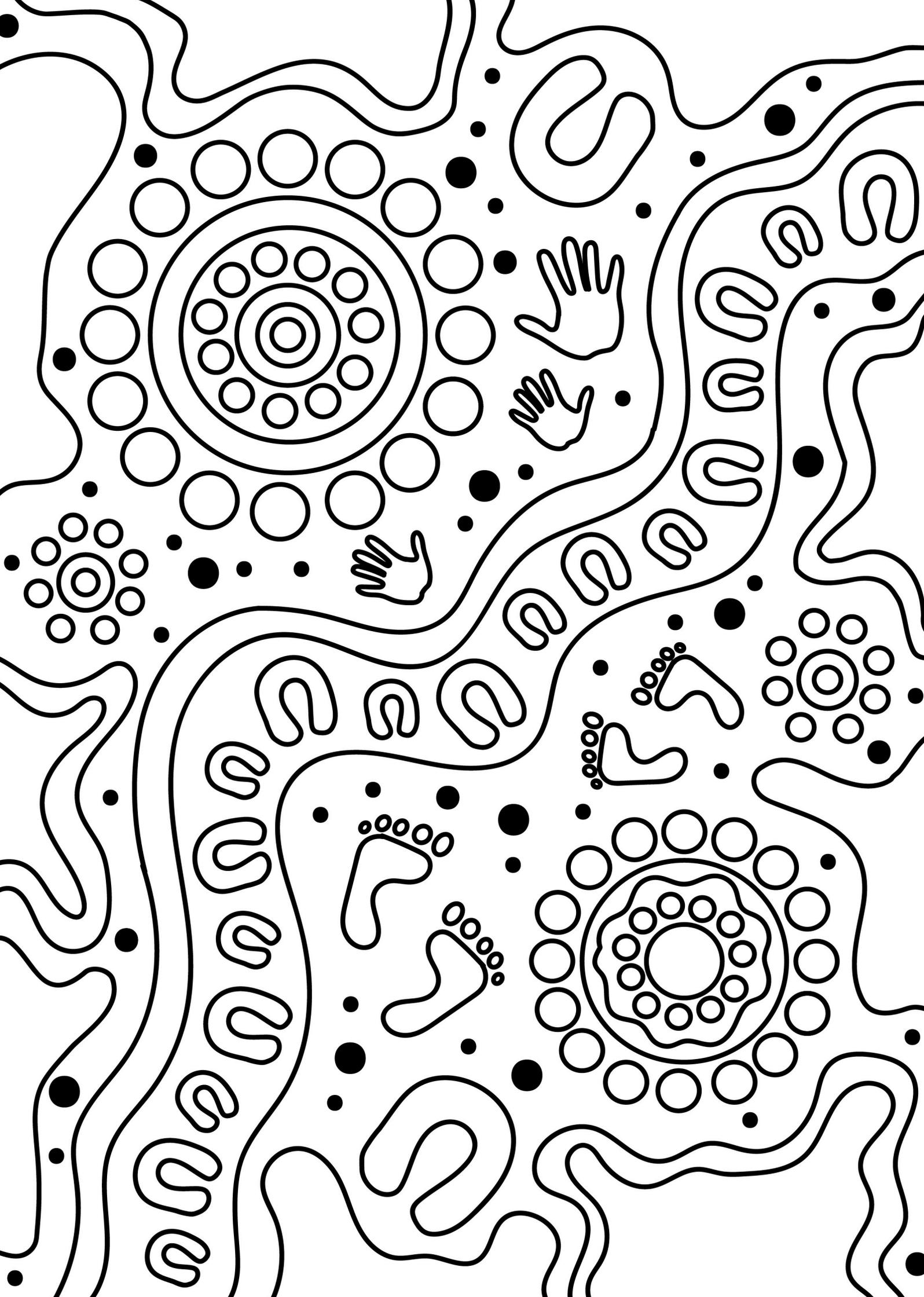
About the Flag

The Torres Strait Islander flag was designed by the late Bernard Namok of Thursday Island. His design was selected as the winning entry in a competition held during a cultural revival workshop organised by the Islands Coordinating Council in January 1992.

The **green** panels represent land, the **blue** symbolises the sea, and the **black** lines stand for Torres Strait Islander people. At the centre is a white dhari, symbolising culture, above a **white** five-pointed star representing navigation, peace, and the five island groups of the Torres Strait.

The flag was designed to represent the unity and identity of Torres Strait Islander peoples. It reflects their deep cultural and spiritual connections to the land, sea, and sky. Elements symbolised within the flag's design.







Narang Bir-rong