Torres Strait Island
REGIONAL COUNCIL

HEALTH & WELLBEING
&
INDIGENOUS KNOWLEDGE CENTRES



FROM THE MANAGER

AZARIAH GUTCHEN |MANAGER - HEALTH & WELLBEING & INDIGENOUS KNOWLEDGE CENTRES

Across July, August and September, our Healthy Lifestyle Officer (HLO) and Indigenous Knowledge Centre Coordinator (IKCC) teams have continued to create opportunities for community members to connect, learn and be active. This edition highlights the breadth of local delivery - from weaving, language activities, elders gatherings and cultural celebrations, through to after-school sport, community fitness, environmental clean-ups and health promotion.

Alongside community delivery, staff have continued to strengthen capability through Quit Connect training and follow-up support with Queensland Health, as well as community diabetes education with Diabetes Australia. The July and August data show steady program activity despite variation in participation and service hours.

JULY - SEPTEMBER AT A GLANCE

Indigenous Knowledge Centre Visits 1514	Indigenous Knowledge Centre Activities 129	Health & Wellbeing Activities 87	Health & Wellbeing Attendance 1994

INDIGENOUS KNOWLEGE CENTRES

COMMUNITY SPACES SUPPORTING LEARNING, CULTURE, DIGITAL PARTICIPATION AND CONNECTION ACROSS GENERATIONS.





Kubin IKC - Weaving

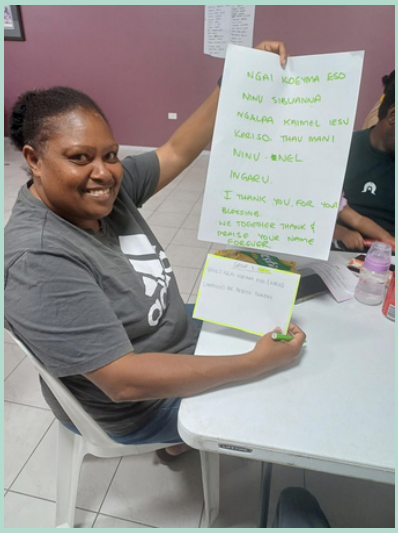
Creating a welcoming space for participants to share cultural knowledge, practice traditional weaving skills and connect through hands-on learning. Participants supported one another, shared stories and built confidence in weaving techniques while strengthening pride in cultural knowledge and its ongoing transfer.

Iama IKC - Language Night

Provided a community setting for people to practice language, share words and songs, and strengthen everyday use of local language.

The session encouraged intergenerational participation, cultural identity and confidence in sharing language knowledge in a relaxed community environment.





Mabuiag IKC - Afterschool Program

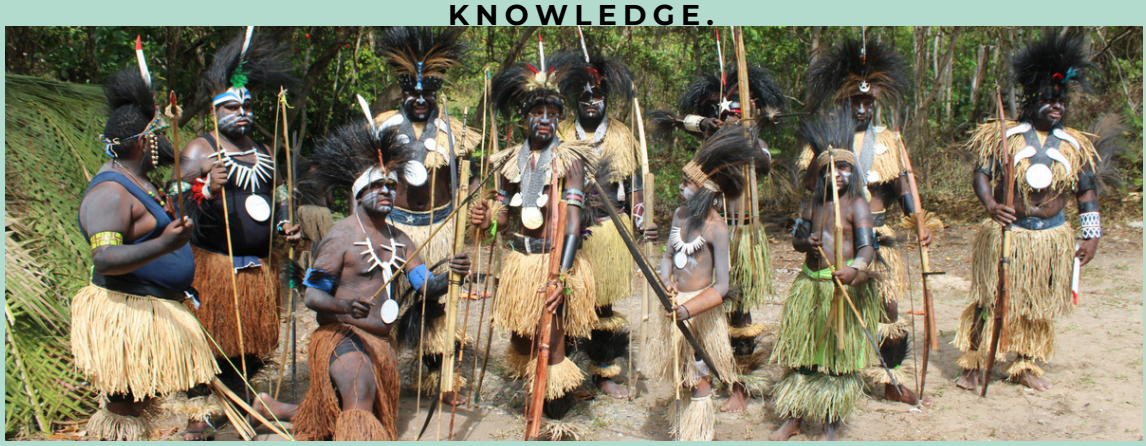
Offer children a safe and engaging place after school for reading, creative activities, group learning and digital engagement. Children participated in structured learning and social activities that supported literacy, creativity, confidence, culture, and positive use of the IKC space.





CULTURE, ELDERS, AND COMMUNITY PARTICIPATION

IKC SUPPORT MORE THAN LIBRARY ACCESS - THEY ALSO PROVIDE A PLATFORM FOR CULTURE, COMMUNITY DISCUSSION AND LOCAL KNOWLEDGE.



Dauan IKC - Coming of the Ligh Celebrations

Supported community participation in a significant cultural and spiritual celebration, bringing people together through ceremony and traditional performance while strengthening cultural pride, community connection and the sharing of culture with younger generations.



Warraber IKC - Elders day

Brought Elders together in a supportive setting to share local knowledge, identify community priorities and contribute their perspectives to mapping and planning activities, ensuring their experience helped inform future community discussions and decisions.



Poruma IKC - Afterschool activities

Afterschool activities are a safe, structured space that encourages creativity, social connection, digital learning and positive engagement with the IKC.



Poruma IKC - Elders day/climate resilience

Created a meaningful space for Elders and community members to share local knowledge, lived experience and perspectives on climate resilience.

HEALTH & WELLBEING

HEALTHY LIFESTYLE OFFICERS PROMOTE HEALTH AND WELLBEING ACROSS ZENADTH KES (TORRES STRAIT) COMMUNITIES THROUGH PHYSICAL ACTIVITY, HEALTHY LIFESTYLE EDUCATION, COMMUNITY ENGAGEMENT AND CULTURALLY APPROPRIATE PROGRAMS.



Mabuiag - Afterschool Program

This after-school activity encouraged young people to stay active while developing teamwork, environmental responsibility and community pride. Participants worked together to clean their local beach and engage in outdoor activities, promoting physical wellbeing, care for Country and stronger community connections.



Warraber - School Holiday Program

The kids enjoyed a fun-filled basketball session during the school holidays, getting active, having a laugh and spending time with their friends. It was a great opportunity to encourage physical activity, teamwork and healthy lifestyles while making the most of their community facilities.



St Pauls - Afterschool Program

The afternoon activity at St Pauls was all about rugby league, with the kids getting involved in some fun games, practicing their footy skills and enjoying time with their peers. Plenty of running, teamwork and laughter made for a great afternoon of footy and physical activity.







Boigu - Community Fitness Session

Community members got together for a fun and supportive fitness session, taking part in strength exercises using dumbbells and steps. It was a great opportunity for everyone to get moving, build confidence and improve their fitness at their own pace, while encouraging healthy choices.

PARTNERSHIPS AND PROFESSIONAL DEVELOPMENT

WORKING TOGETHER FOR STRONGER LOCAL DELIVERY



Quit Connect Training - QLD Health

Our Healthy Lifestyle Officers took part in Queensland Health's Quit Connect Training, building their knowledge and skills around smoking and vaping prevention. The training gave staff practical ideas, resources and support to develop local activities that encourage healthier, smoke-free and vape-free communities across the Torres Strait.



Diabetes Australia - Elders Yarning

The community came together for an engaging diabetes awareness session, with children, Elders and families learning about healthy eating, lifestyle choices and diabetes prevention. It was a great opportunity to share knowledge, have meaningful conversations and strengthen community connections while promoting healthier lifestyles across all generations.

THE ELDERS FISHING COMPETITION THAT STOPPED THE NATION!

WINNERS 2026

1st - Fred Kiwat: 83cm (Erub)

2nd - Ida Bowie: 75.5cm (Warraber)

3rd - Richard Billy: 62cm (Yam)









