

What does healing look like for you?

Healing Forums - Iling Sidaun, Mura Kosker



In 2017, The Healing Foundation formed a partnership with Mura Kosker to further the healing priorities outlined in the healing strategy through implementing Community Healing Forums across three Island Communities at a local level. This healing forum took place as an 'Iling Sidaun' which gave an opportunity for community members to share their stories, identify the causes of disharmony in the community, articulate healing needs and aspirations and come up with the best ways to achieve their healing objectives.

I have been working alongside Frank Cook, Portfolio/Project Lead – Torres Strait Islands for The Healing Foundation, for the past three years.

When it comes to healing, it was mentioned through the community healing forums that the main things we need for healing are **forgiveness and reconciliation**.

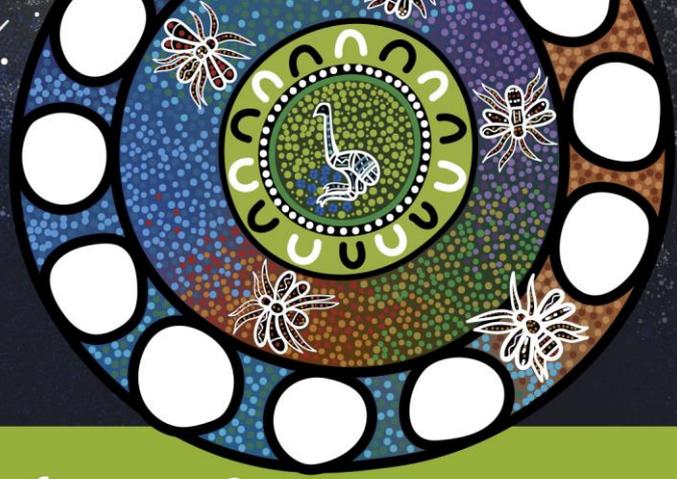
I know that with this healing forum report is not enough on its own to move forward with healing but at least it's a start where we can come together and start the hard yarns. Speaking from a community perspective, we all know that to have our communities heal it's very important that our governments and non-government organisations come to 'acknowledge' their negative valued systems that have been enforced upon our people in our communities in the past.

It is also important for them to come forward and work alongside us with the whole community together for much better outcomes for the true healing process to happen in our communities.

The structure of the healing forums provided a culturally safe space for community to come together and talk of their experiences, which is something they were very grateful for that this forum was held in their community.



Queensland Healing Strategy



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Hearing some of the Elders who came forward to share their stories and spoke of their lived experiences tell us that they felt very comfortable and safe in the environment and space for sharing their healing journeys.

The need for healing is ongoing. There are many social impacts on our everyday lives living as an Indigenous person/s in our communities I have experienced many challenges not only within my own families but with families that I work within my current role.

Some of the challenges that we face include;

Disconnection from our families, culture, country, kinship, language and cultural practises is the key source of distress for our community. I believe there should be more interaction between our Elders and young people sharing knowledge giving our younger generation cultural knowledge.

The main tension exists that needs to be understood, between LORE and LAW where still today, there is lack of understanding respect for local cultural protocols. Agencies do not want to understand local protocols and cultural traditions therefore, mainstream systems and service are not sensitive to local cultures and practices.

A big concern within my community is domestic and family violence. The issues relating to domestic and family violence in my community relates to child neglect and abuse. I believe that both victims and men who perpetrate violence carry past trauma which are results of the colonisation which left them disconnected from their land and culture.

High costs of living and housing shortages have an incredibly big impact on families, which is something we experience and cannot help but to be forced to live in crowded housing. Another issue is unemployment.

These are just some of our challenges and struggles which have a big impact on our health, healing and wellbeing of our people in the Torres Straits.

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