

FCAV Culture & Wellness Team Day, Mount Martha

The FCAV Staff & Board were fortunate enough to have two Aboriginal people host our Culture & Wellness Team day at The Briars, Mount Martha in April 2023.

Lionel Lauch is a Gunditjmara Kirrae Wurrung-Bundjalung Elder, residing in his home country on the Mornington Peninsula and is the founder and CEO of Living Culture

Guided Walk with Sean Moyle

Sean is a Cultural Guide and Youth Worker who was born in Rosebud and is from the Anangu people also known as the desert people of Pitjantjatjara and has an interest in bush tucker, medicine, making tools and traditional fire making/burning and has worked with Lionel for the past few years.

Sean led us through the Briars Park, home to abundant native flora and fauna, providing amazing opportunities to experience nature at its best in this beautiful property.



Yidaki Led Meditation with Lionel

Lionel is a skilled and practiced healer, versed in the ancient Aboriginal custom of healing. During Lionel's sessions we were immersed in the rhythmic primal sounds of the Yidaki as it moved through our muscles and organs, grounding us in the land and moment as the frequencies and vibrations flowed through your bodies, connecting us to the earth and creating a space for powerful healing to take place.

<https://www.livingculture.org.au/yidaki/>



The FCAV acknowledges the unceded sovereignty of the Wurundjeri people of the Kulin Nation. We acknowledge the continued connection to Country – including lands, cultural knowledges and their peoples – and pay our respect to Elders past and present. We are the united voice and advocate for all foster carers across Victoria, and we aim to continually develop our knowledge and act with respect to First Nations sovereignty.