

Celebrate NAIDOC Week

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

NAIDOC stands for 'National Aborigines and Islanders Day Observance Committee'.

A few suggestions about how you can celebrate NAIDOC can be found on this website. www.naidoc.org.au



**VOICE
TREATY
TRUTH** 07 - 14
JULY 2019
Let's work together for a shared future.



The meanings of the colours in the Aboriginal flag, as stated by designer Harold Thomas, are:

- **Black** – represents the Aboriginal people of Australia.
- **Yellow circle** – represents the Sun, the giver of life and protector.
- **Red** – represents the red earth, the red ochre used in ceremonies and Aboriginal peoples' spiritual relation to the land.

Here are seven ways to celebrate NAIDOC WEEK with the elderly citizens in your care:

1. Display the Aboriginal flag
2. Start your own hall of fame featuring Indigenous role models.
3. Listen to Indigenous musicians.
4. Research the traditional Indigenous owners of your area.
5. Create your own Aboriginal or Torres Strait Islander art.
6. Invite an Indigenous sportsperson or artist to visit you.
7. Visit the [NAIDOC logo and banner page](#) to help you on your way!