

For more information
please contact

NALAG Bellingen/Nambucca Shires Branch

Miindala

"Miindala' is a Gumbaynggir word meaning: "to do something well".

To invite us to see you please phone

0448 084 792

If unanswered please leave a message and we will return your call promptly.

Email: nalag@hwy.com.au

Web: www.nalag.org.au

Postal: 1 Melia Place
Bellingen 2454

NALAG Miindala is a sub-branch of the
NALAG Coffs Coast Branch
Phone: 02 66 483675

And a sister organization to the
NALAG Bellingen Shire Bereavement Service (NBSBS)
Phone: 02 66 552334

NALAG Miindala relies solely on donations. All donations are tax deductible. We are a non-profit independent organization.

**To contact the State Office of
NALAG (NSW) Inc please contact:**

NALAG (NSW) Inc

Welchman Street
DUBBO NSW 2830

02 6882 9222
02 6884 9100

nalag@hwy.com.au

www.nalag.org.au

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Miindala Volunteers



Our aim is to provide you with a neutral and independent person, outside of your immediate network of health care givers, family and friends, to support you through whatever may arise emotionally and spiritually in your current situation.

We consider the term "spiritual" to be defined uniquely by each individual.

NALAG (NSW) Inc

National Association for Loss & Grief (NSW) Inc

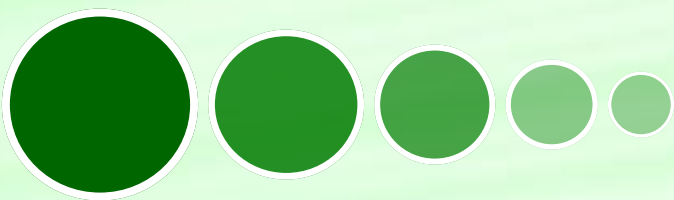
NALAG Bellingen/Nambucca Shires Branch

Miindala



Emotional & spiritual
support for people
facing a life threatening
situation





What is Miindala?

Miindala:

- aims to provide emotional and spiritual support to any person who is faced with a life threatening situation, long-term or short-term.
- is a confidential volunteer support service
- is not associated with any philosophical outlook or religious organisation.

Miindala will match you with a volunteer who will support you in:

- the need to reflect and converse
- grief & loss
- concerns, fears & dilemmas
- uncertainties & confusions
- finding information & resources

Who is it for?

Our free service is open to the general public. People likely to use our service would be facing a life threatening situation through:

- illness
- accident
- old age

Emotional and spiritual support is also available for carers & family members.

Where is it delivered?

Miindala volunteers will visit in:

- private homes
- hospitals, nursing homes
- a mutually agreed other location

And will travel to:

- Bellingen Shire
- Nambucca Shire
- Coffs Harbour central.

Who are our volunteers?

Our female and male volunteers are:

- of diverse personal and professional experience.
- specifically trained for this service.
- compassionate & caring

Miindala volunteers will:

- listen
- converse
- be with you in silence
- offer companionship

Miindala volunteers will not offer:

- medical advice
- physical care
- professional counselling
- domestic service

Miindala adheres to NALAG NSW Inc Policies & Procedures.

