

ISSUE 6, 2019

WIRRAKA MAYA NEWS



HEALTH SERVICE
ABORIGINAL CORPORATION

About Us



Wirraka Maya Health Service Aboriginal Corporation [ICN 1855] (WMHSAC) is an Aboriginal Community Controlled Health Service designed to ensure our clients' journey through the health system meets their medical, health, social and cultural needs.

WMHSAC originated from the efforts of Aboriginal people to establish a health service that addressed the unmet needs of Aboriginal people in the Port Hedland, South Hedland areas and surrounding communities.

WMHSAC has over 7,000 Aboriginal people registered and are actively engaged and regularly receiving primary care, wellbeing and prevention services and programs.

We have an experienced team of health professionals, that include Aboriginal Health Workers and Practitioners, GP's and Nurses who work together to improve the health outcomes of Aboriginal people. We also have visiting Specialists and Allied Health Practitioners. They are supported by the Administrative staff.

Accreditation

WMHSAC is an AGPAL accredited clinic, which undergoes the review process every three years. We are also accredited with the QIC, Quality Improvement Council. WMHSAC is also a Registered Training Organisation. Along with accreditation with RACGP and ACCRM, for the delivery of Australian General Practice Training Program.

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HEALTH SERVICE
ABORIGINAL CORPORATION

Corporate Services and Administration

Phone: 08 9172 0410

Social and Emotional Wellbeing Centre

Phone: 08 9172 0444

Clinic and Wellbeing Centre Reception

Phone: 08 9172 0400

17 Hamilton Road
South Hedland WA 6722
PO Box 2523
South Hedland WA 6722

To subscribe to our digital newsletter email: chloea@wmhsac.com

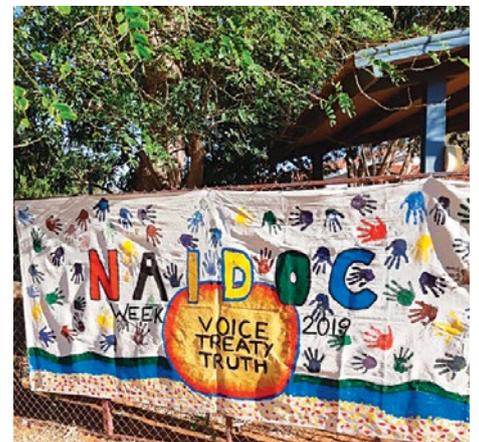
Our Services and Organisation



Clinic

- General Practitioners
- Registered and Enrolled Nurses
- Aboriginal Health Practitioners
- Aboriginal Health Workers
- Chronic Disease program
- Maternal and Child Health Nurse
- Community Midwife
- Visiting Allied Health/Specialists
- Patient Assisted Travel Scheme
- Patient Transport Services
- On Site Pharmacy* Dentist
- Sexual Health Nurse*

You can make an appointment by calling the clinic on 08 9172 0400.



SEWB Centre (Social and Emotional Wellbeing)

- Counselling
- National Disability Insurance Scheme Provider (NDIS)
- Transition to Adulthood (TTA)
- Tackling Indigenous Smoking (TIS)
- Community Liaison Support Officer
- Mackillop Case Support Officer
- Health Promotions
- RTO Coordinator
- RTO Trainer

You can make an appointment by calling the SEWB Centre on 08 9172 0444.



R U Ok? Movie Night

Thursday night the 26th of September, WMHSAC events committee hosted the annual R U Ok? Day movie night. The movie "A Dogs Purpose", was a hit with the kids, along with the hot dogs and popcorn.

The R U Ok? Day tent had lots of interest, where kids and adults spoke with the Clinic and SEWB Managers about R U Ok? Day and the support that is available at WMHSAC for the community. The events committee would like to thank all those whom came and we hope to see you again for next year's R U Ok? Day Movie Night.

If you would like to know more information on the Social, Emotional and Wellbeing Services, at Wirraka Maya please drop in or call 9172 0444.



NAIDOC 12th of July



The annual NAIDOC week is celebrated by many services within Port and South Hedland. Each day of the week there are lots of activities for the community to attend and the final day of the week is always hosted by Wirraka Maya, to conclude the week of traditional celebrations.

This year to celebrate NAIDOC Week, Wirraka Maya went in a different direction, by hosting the Towns final day on the grounds of Wirraka Maya. The turnout was fantastic and we received great feedback from the community, for hosting it on our grounds.

There was so much on offer for the day, from traditional food stations such as Damper making, kangaroo tail cooking pits. Lovely kangaroo stew cooked by WMHSAC staff. Bouncy castles and face painting for the children. Along with live entertainment by the amazing "Red Ochre" Band, whom travelled from

Geraldton for the event. There was also an amazing number of local services whom had interactive stalls and supported WMHSAC during the event. They were; The Earbus Foundation, Department of Communities, Mackillop Family Services, Hedland Well Women's Centre, Spinifex Hill Studios, W.A Country Health Services, Town of Port Hedland and Hedland Police Department.

Wirraka Maya would like to thank all of the community members and local services for making this day such an amazing event and we look forward to next years.



Connection to Culture Project Term 2

Art Exhibition, 8th July.

The Art Exhibition was a closing ceremony for the "Connection to Culture" project, which took place during school term 2. It was an amazing night, held at the Wangakurra Stadium, Jimblebar Room, where the students could proudly display all their hard work to admiring family members and friends.

Female students from South Hedland Primary school joined the HTTA (Healthy Transition into Adulthood) Team each Wednesday afternoon to participate in amazing cultural art projects. The final Connection to Culture Silhouettes are now displayed and mounted throughout both the Clinic and SEWB Clinic, for all to view and admire.

There will be a new "Connection to Culture" project taking place in Term 4, 2019. Where the focus will be on textiles and creating a fashion item from beautiful Indigenous prints. The participating students will then display their work during a finale Fashion Show towards the end of term.



Warralong and Strelley Community Day

Warralong and Strelley Community Day was held on the 14th of August.

Where the events committee organised amazing activities for all the school children from the Strelley and Warralong School. There were different stations for the children to enjoy, ranging from t-shirt tie dying, face painting, banner painting and a slime station. The event concluded with a colour run, where all children, teachers and staff had a blast. The Wirraka Maya staff were very lucky and honoured to spend the day with such an amazing group of kids and teachers for the day.



Women's Health Week

Women's Health Week event had a great turn out, on the 4th of September.

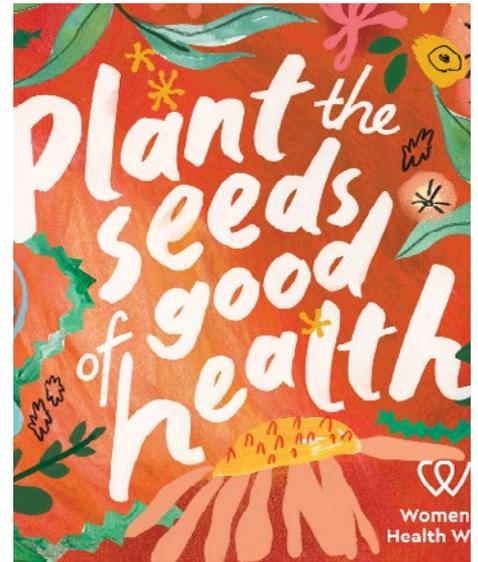
A fun filled day with Smoking Prevention Bingo, Self-Breast Examination Workshop and Cervical Screening yarn for all invited women.

Thank you to those whom came and also a big thank you to Hedland Well Women's Centre. Thank you to Justine, Nicole and Alyssa for the highly important yarn on self-breast examinations and preventable measures to decrease the risks of developing breast cancer.

If you are over 40 years of age and would like to book for your mammogram, please call Debbie on 9172 0470. Debbie, our Child and Maternal Nurse will help you to

make your appointment with the Breast Screen Bus.

The Breast Cancer Screening Bus will be in town starting from Friday the 6th of Sept. So don't miss out on your appointment. For the month of October for Breast Cancer Awareness month, there will be a morning tea each Thursday to raise awareness within the community. All women are welcome to join us each Thursday at Wirraka Maya to have a yarn about Breast Cancer, preventable measures, self-examinations and join a free Pilate's session, from 09:30am to 11:00am for the whole month. We hope you can join us.



International FASD Awareness Day Walk 9th September



FASD (Fetal Alcohol Spectrum Disorder) is the most preventable disability and preventing FASD is a whole-of-community responsibility.

Mothers never intentionally want put their children at risk. Increasing awareness about the risks of drinking while pregnant and supporting expecting mums to stay away from alcohol for the whole

9 months, is essential for preventing alcohol-exposed pregnancies.

Wirraka Maya SEWB and Clinic staff participated in an awareness walk on the, 9th of Sept for a walk and a yarn to help spread the message of the effects of drinking while pregnant. A big thankyou to Margaret Ramirez (Sissy) from Telethon Kids for presenting an educational talk on



the effects of FASD on children, families and the community.

All should help support alcohol Free Pregnancies and make FASD History. For more information or support to quit drinking while pregnant come and see us at Wirraka Maya, we can help you.

RTO's successful student: Markysia Kelly

Markysia Kelly commenced and completed her studies of the Certificate IV in Aboriginal and/ or Torres Strait Islander Primary Health Care Practice in May 2013. Markysia just needed to then complete the mandatory clinical hours.

Markysia recommenced her passion for her chosen vocation as an Aboriginal Health Practitioner by commencing her RPL (Recognition of Prior Learning) process through WMHSAC RTO with the assistance of AHCWA early in 2018.

Markysia has been offered an AHW in training position within the WMHSAC Clinic providing our clientele with another pleasant face to have their health care concerns addressed by. Markysia's demonstration of progress and development in her clinical skills, patient interaction, and team work demonstrated, she would be a valuable addition to the WMHSAC community.



New Staff



Emma Masters, Community Midwife:

"I was born in Midland WA. My 7.5yo daughter and I moved down here to Hedland in August. I am a Registered Midwife and Registered Nurse specialising in Paediatrics. I was a barista before that. I joined WM to work in a different stream of Midwifery and want to help build the midwifery program so the continuity of care is there for the patients. The guidelines state ideally we see women every 4 weeks until the third

trimester, but i don't mind seeing the women more frequently if that's what it takes to ensure they have the best care possible. I just want the women of the community to know WM are here for them.



James Varkey, Counsellor: "Originally from India, I have Lived and worked in India, Saudi Arabia, and United Kingdom before arriving to Australia 12 years ago. I hold a bachelor's degree in Arts, Law, and Philosophy whilst having a Masters in Criminal Justice, Theology and Psychotherapy. I've worked for the Department of Health, Prison Chaplaincy, and Counselling and Psychotherapy. Being a professional Psychotherapist/ Counsellor, is so much more than a

job for me: it's my passion and heart's desire. I've trained and studied extensively to pursue this passion and feel like Wirraka Maya offers so much to the community in term of mental health and general wellbeing. I really look forward to continuing to work in Hedland and for Wirraka Maya in particular". James has also started working as a Volunteer Ambulance Officer, for St John Ambulance Hedland.



Markysia Kelly, Aboriginal Health Worker:

"I am a Yamatji and Nyoongar Women, my father comes from the Murchison and my mother comes from a small town called Moora, not far from Perth. I was born in Broome but lived most of my childhood in Port Hedland and Geraldton. My current role is an Aboriginal Health Worker soon to be an Aboriginal Health Practitioner, once I have completed my placement clinical hours.

Whilst working at WMHS I hope I can achieve an immunisation qualification to strive in progress my career as an Aboriginal Health Practitioner, while working with the Wirraka Maya family."



James Clifton, Patient Transport Officer:

"My name is James Clifford, I am a Nyiyiparli Man and I have lived in Hedland my whole life, I currently work as a Transport Officer at Wirraka Maya but I would really like to test my abilities and skills and push myself to be a strong role model for young indigenous men in the Pilbara. I really enjoy working with the Wirraka Maya family and look forward to working with them into the future."

Chronic disease

We have a dedicated team of professionals who support our chronic disease patients, including those with diabetes, asthma, cancer, renal and heart issues and hypertension.

The Chronic Disease Team are there to help patients with their chronic illnesses, provide knowledge and education to better manage their conditions.

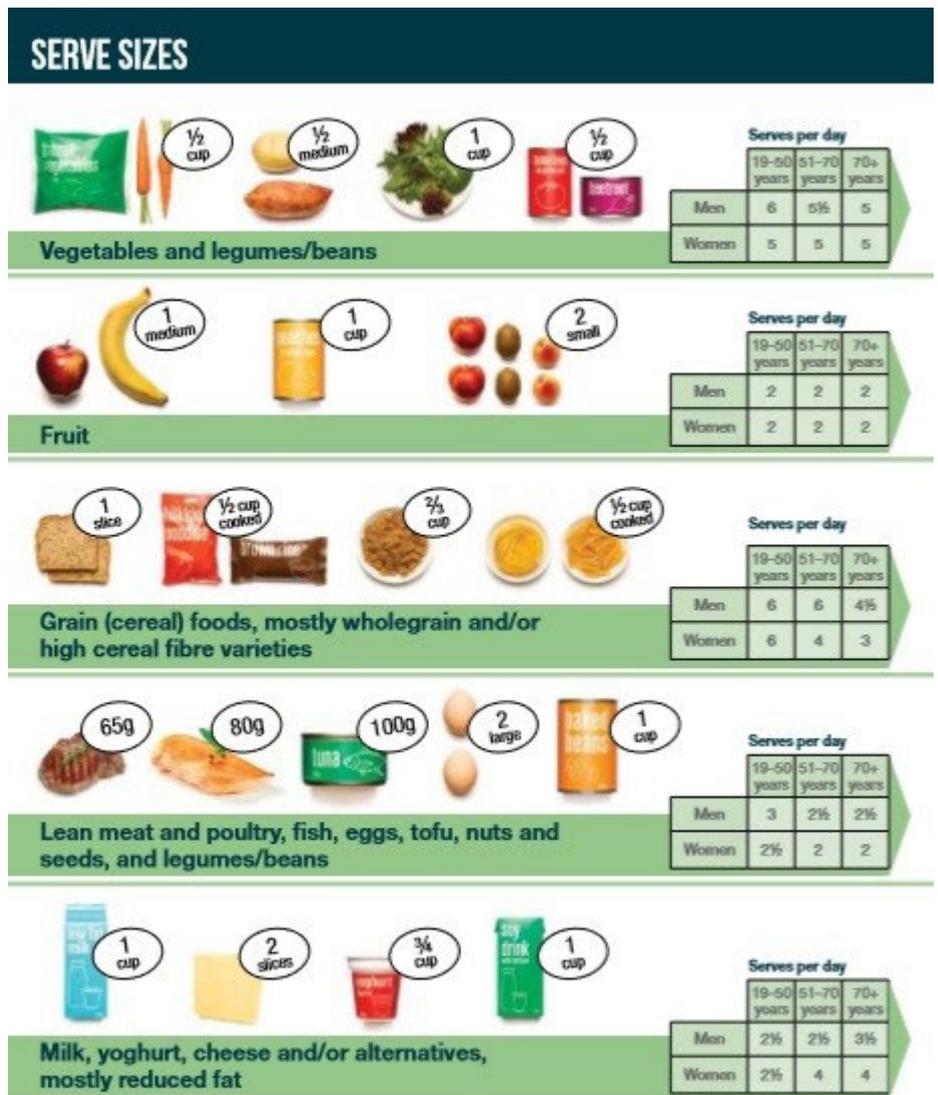
The team delivers educational workshops, complete GP management plans and assist with organising specialist health appointments. To see one of the Chronic Disease Team members make an appointment by phoning our friendly reception staff on 08 9172 0400.

8 Tips to help reduce your risk of Type 2 Diabetes

- 1. Check your risk of Diabetes:** You can have your blood glucose test taken at Wirraka Maya Clinic by the Chronic Disease team.
- 2. Manage your weight:** Excess body fat, especially around the tummy area, can increase the body's resistance to the hormone insulin. This can lead to Type 2 diabetes.
- 3. Exercise Regularly:** Moderate activity on most days of the week helps to maintain weight, reduce blood glucose levels and can also improve blood pressure and cholesterol levels.
- 4. Eat a balanced healthy diet:** Reduce the amount of saturated fat and trans fats. Eat more fruits and plenty of vegetables to increase fiber intake and reduce salt intake.
- 5. Limit take away and fast foods:** easy foods are usually high in salt, fat and kilojoules. It's best to cook for yourself using fresh ingredients whenever possible.
- 6. Limit your alcohol intake:** Too much alcohol can lead to weight gain, which can develop into type 2 diabetes. Men should try to have no more than 2 standard drinks per day. Women should try to have 1 standard drink per day.
- 7. Quit Smoking:** Smokers are twice as likely to develop diabetes, compared to non-smokers.
- 8. Control your blood pressure:** Regular exercise and a balanced diet can aid to decreasing your blood pressure. In some cases medication may need to be described by the doctor.

Diet:

Diabetes is a disorder of metabolism or the way our bodies use digested food for growth and energy. It involves problems with the hormone insulin, which is why it is critical for people with diabetes to manage their condition by staying healthy, which includes a proper diet. However, people with diabetes must be cautious about what they eat and drink. Foods suitable for the diabetic diet should be incorporated into meals every day. The chart below is a great way to start incorporating and monitoring healthy eating.



TIS (Tackling Indigenous Smoking page)

The TIS Team provide smoking prevention and cessation activities and events to the community.

We work closely with other agencies to provide support, assistance and guidance in dealing with issues affecting Aboriginal and Torres Strait Islander people reducing the uptake of tobacco.

We identify opportunities to educate youth, young adults and their families in the community as well as remote areas including Warralogn and Strelley.

We also collaborate with external agencies in implementing education and health promotion activities relating to the Tackling Indigenous Smoking program. We no longer provide one on one support

to clients as this has transitioned over to the clinic staff.

TIS has run some amazing workshops and events this year to name a few, TIS Family Movie Night, World No Tobacco Day event, workshops at Yaandina Rehab Centre, South Hedland Primary leading up to NAIDOC Day. The program is still fairly new as it has only been running for two and a half years. We've developed strong partnerships with external agencies, a TIS Logo, TIS Merchandise and Health Promotion items and most recently TIS now has its own Facebook page.



Yaandina Rehabilitation Centre

Turner River

The TIS Team have been visiting the Residents of Yaandina over the last 12 months and have been participating in our monthly workshops raising awareness around various tobacco education, such as, the effects of smoking, chemicals in a cigarette, passive smoking, Nicotine Replacement Therapies, Dental care, Smoking Prevention activities and smoking cessation.

We also take the Smokerlyzer machine out every fortnight for residents to test the levels of Carbon Monoxide in their lungs. This has been a very successful tool in getting the residents to reduce their smoking intake and also a step forward into thinking about quitting the smokes.

We were very proud to award five residents with an Attendance and participation Award, due to consistently reduced smokerlyzer readings. We also awarded them with a gift voucher which they were very happy about. The TIS Team would like to thank Yaandina for giving us the opportunity to deliver our workshops and promote our services, as we always look forward to our visits out to Yaandina.

New TIS Tum to Tot Group

The Tackling Indigenous Smoking, Maternal & Child and Health Promotion Teams will be establishing a new support group for our Ante-Natal clients, called the TIS Tum to Tot group.

The group will be meeting twice per week starting in October, meeting on Wednesday and Friday. The Wednesday session will be based on Smoking Prevention topics, along with parenting topics which will be beneficial to support the expecting mothers through their parenting journey.

The Friday sessions will be Pre-Natal Aqua sessions in the local South Hedland swimming pool, where the mums to be can have a laugh and a yarn, while participating in light-intensity exercise, which is tailored and appropriate for mum and bub. For more information on the program please contact the TIS Team or the Maternal and Child Team, on 08 9172 0400.



Dangers of E-Cigarettes



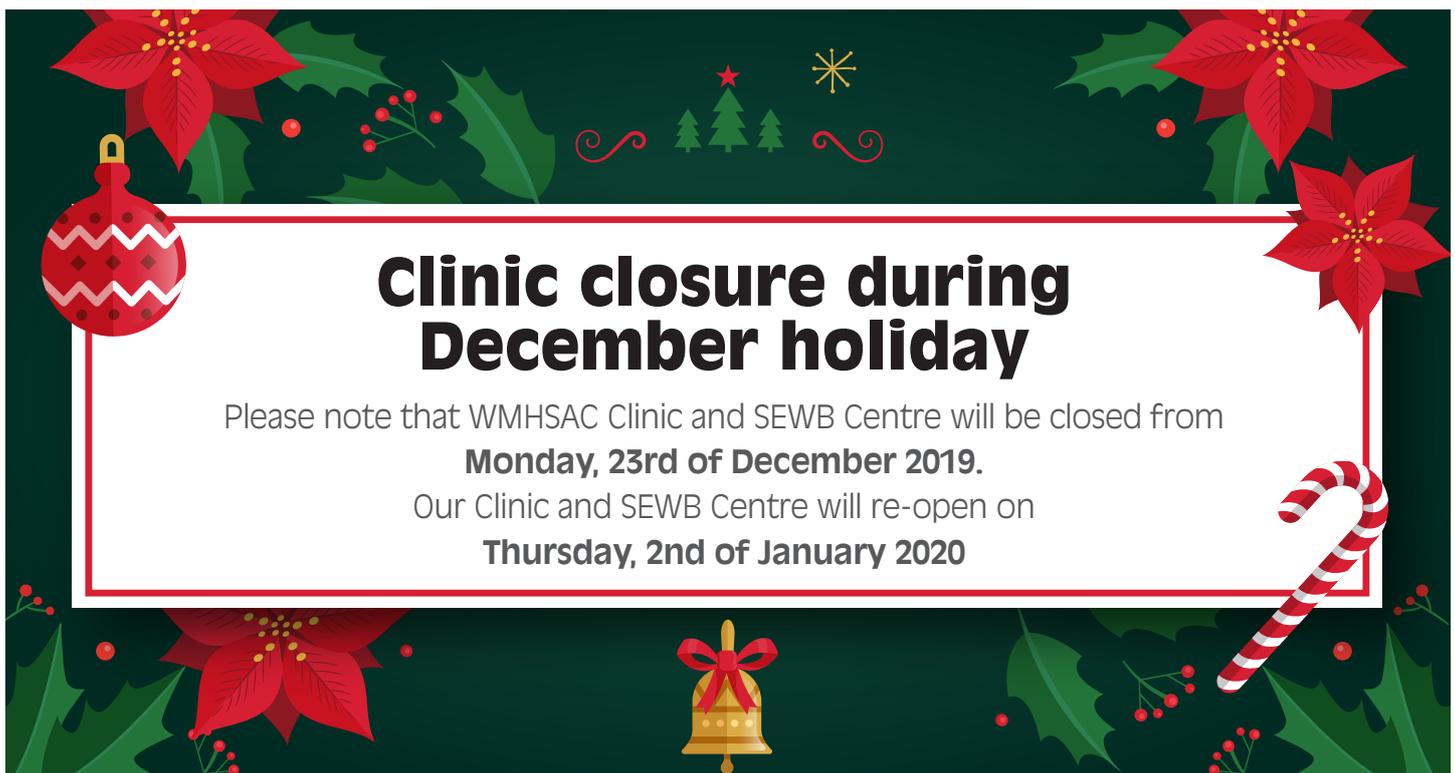
New studies show that E-Cigarettes, also known as Vaping, can be just as dangerous as regular cigarettes. If you would like to find out more information, check this below link or give the TIS Team a call on 08 9172 0444. <https://www.abc.net.au/news/2019-09-16/im-horrified-by-the-damage-vaping-does-to-lungs/11516316?fbclid=IwAR1rKTuclL21LOG0gnaRM-hqsgHoCG5w2YILN-NbmHBb7X1UztzXqapbF0>

What's coming up!

	Mon	Tue	Wed	Thu	Fri
OCTOBER	October: Breast Cancer Awareness Month	1	2	3 Morning Tea at Wirraka Maya 9:30am - 11am	4
	7	8	9	10 Morning Tea at Wirraka Maya 9:30am - 11am	11
	Mental Health Week: 6th -12th October				
	14	15	16	17 Morning Tea at Wirraka Maya 9:30am - 11am	18
	21	22	23	24 Morning Tea at Wirraka Maya 9:30am - 11am	25
	World immunization Week: 24th - 30th April				
	28	29	30	31 Morning Tea at Wirraka Maya 9:30am - 11am	
	World immunization Week: 24th - 30th April				
					1
NOVEMBER	4	5	8	9	10
	11	14 World Diabetes Day	15	16	17
	18	19 International Mens Day	20	21	22
	25	26	27	28	29

What's coming up!

	Mon	Tue	Wed	Thu	Fri	Sat
DECEMBER	2	3	4	5 Elders Lunch	6	7
	9	10	11	12	13	14
	16	17	18	19	20	21
	23	24	25	26	27	28
WMHSAC Clinic and SEWB Centre close for Christmas						
	30	31	1	2 Clinic and SEWB Centre re-open	3	4
WMHSAC Clinic and SEWB Centre close for Christmas						



Clinic closure during December holiday

Please note that WMHSAC Clinic and SEWB Centre will be closed from
Monday, 23rd of December 2019.
 Our Clinic and SEWB Centre will re-open on
Thursday, 2nd of January 2020

Health Service Visiting Specialists Clinic

Specialty	Specialists name	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
Australian Hearing	Varies each visit			1st			
Dentist	Dr Eloise Host	14th, 16th, 18th	1st			20th-24th, 27th-31st	
Dietician	Eunice Asare (HHC)		5th & 19th	5th & 19th	2nd, 16th & 30th	14th & 28th	11th & 25th
Diabeter Educator	Kate Wilson (HHC)	Every Thursday AM	Every Thursday AM				
Physiotherapist	Grace Sapinski (HHC)	8th	12th & 26th	12th & 26th	9th & 23rd	7th & 21st	4th & 18th
Optometrist	Veeran Morar (LEI)	11th-13th	11th - 13th		2nd - 4th		17th & 18th
Paedritician	Varies weekly	Every Friday	Every Friday				
Podiatrist (male)	Dr Scott Westover (HHC)	Friday 25h		Friday 8th	Friday 19th	Friday 31st	
Kidney Health	Rey Tuando (Dialysis)	10th & 24th	7th & 21st	7th & 21st	4th & 18th	2nd, 16th & 30th	12th & 27th
Specialty	Specialists name	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Australian Hearing	Varies each visit						
Dentist	Dr Eloise Host	15th - 26th			21st - 31st	1st	
Dietician	Eunice Asare (HHC)	9th & 23rd	6th & 20th	3rd & 17th	1st, 15th & 29th	12th & 26th	10th
Diabeter Educator	Kate Wilson (HHC)	Every Thursday AM	Every Thursday AM				
Physiotherapist	Grace Sapinski (HHC)	2nd, 16th & 30th	13th & 27th	10th & 24th	8th & 22nd	5th & 19th	3rd & 17th
Optometrist	Veeran Morar (LEI)			9th & 10th	To be confirmed	11th - 14th	9th & 10th
Paedritician	Varies weekly	Every Friday	Every Friday				
Podiatrist (male)	Dr Scott Westover (HHC)	Friday 12th	Friday 23rd		Friday 4th	Friday 15th	
Kidney Health	Rey Tuando (Dialysis)	11th & 25th	8th & 22nd	5th & 19th	3rd, 17th & 31st	14th & 28th	12th