

QUARTER 1  
OCT - DEC 2017

# WIRRAKA MAYA NEWS



HEALTH SERVICE  
ABORIGINAL CORPORATION

## CEO Update

Welcome to the January Edition of the Wirraka Maya Newsletter. Happy New Year and greetings to you all!



Improving Primary Health Care and Social and Emotional Wellbeing outcomes remains a priority and it is important to note that the number of clients seen by our service remained steady over the past three years, however, the episodes of care in the same period continued to increase. Evidence of this can be found in our 2016 – 2017 Annual Report.

Wirraka Maya is committed to ensuring staff are upskilled in various areas and in 2017, a number of staff attended leadership training with Mike House to enhance knowledge and understanding in leadership; to encourage staff to face challenges with confidence and create opportunities for them to take on leadership roles within the organisation.

In 2018, additional staff will have an opportunity to attend the same leadership training so this essentially grows our skill base for leaders within.

Our RTO has seen changes with a new Aboriginal Health Practitioner trainer delivering the Aboriginal Primary Health Care course to our students and we

are proud to announce that two of our students graduated from the course; one taking up employment within Wirraka Maya.

We require and strongly encourage more men to apply to do the course as the need for male health workers continues to grow.

Governance also remains a key priority for our service and it was great to see our Directors attend the National Aboriginal Community Controlled Health Organisation's Annual Conference in Canberra, where they were able to meet and build relationships with other directors and leaders within the sector and to gain insight into the achievements and challenges we all face especially with isolation and providing services to our remote communities.

In light of the above, Wirraka Maya is well on the way to achieving the expected outcomes of our Strategic and Business Plan (2016-18).

We look forward to what 2018 brings!

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# RTO Update: AHPRA Preliminary Accreditation and Feedback Forum

We are very excited to announce that the Australian Health Practitioner Regulation Authority (AHPRA) has given a preliminary decision on August 8th 2017 to accredit, for our Certificate IV in Aboriginal and /or Torres Strait Islander Primary Health Care Practice Course, which is offered here at Wirraka Maya Health Service.

Our RTO team have been working tirelessly to achieve this great outcome over the last few months, so congratulations to the team for their dedication to achieving this fantastic result.

Following on from this decision, our RTO Coordinator, Abby, attended the Joint Review of Accreditation Standards Education Provider Forum in Perth that was held on the 28th November 2017. The forum focused on Joint Review of Accreditation standards, feedback and on overall accreditation.

This gave participants the opportunity to provide feedback

on their experience of the current accreditation process, documentation and guidance documentation.

Abby also attended the Training Sector Stakeholder Information Session, held on the 27th November which was conducted by The Department of Training and Workforce Development.

We welcome our new trainer Debbie Cassidy to the RTO team and together with Abby they will provide great support to the students.



Abby, RTO coordinator from Wirraka Maya with Julia McIntyre Executive Manager Workforce. Kimberley Aboriginal Medical Services.

# Warralong Community Day

Wirraka Maya hosted a Community Fun Day at Warralong. We packed up and headed out to Warralong with car loads of activities for all to enjoy.

We set up at the school with numerous games and activities for the kids, including stress ball making, arts and crafts, our Smoke Free Home photo booth, helium balloons and much more. We even took along a popcorn machine which was a huge hit!

It was fantastic to see everyone getting involved and so enthusiastic about all activities on offer.

We shared a BBQ with the Warralong Community, which saw us all enjoying hamburgers, damper and kangaroo tails, all cooked to perfection.

We finished the day with an obstacle course, where the kids were covered in coloured chalk, making our very own "Warralong Colour Run". Even the staff had fun squirting water and cheering everyone around the course.

Thank you to the Warralong Community for allowing us to come and share a day full of fun and activities with you all. On all accounts, staff had a great day!

Thanks to all the staff at Wirraka Maya who came along.





## Women's Business Events

**Throughout October and November several Women's Business Events were held, and it was great to see lots of women come into Wirraka Maya, and learn more about women's health.**

October's Event took place during Mental Health Week, which ran from October 8th to 14th. Our Counsellor here at Wirraka Maya, Magdalene gave a presentation on mental health, which focused on prioritizing your own mental health, as well as looking out for others.

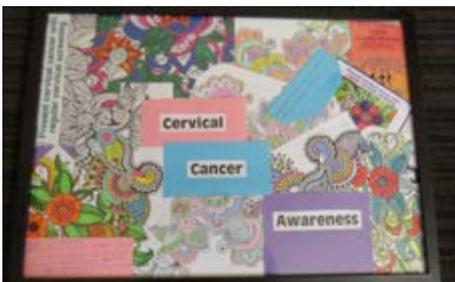
We also heard from our Personal Helpers and Mentors team, who gave us all some very useful and practical ways to reduce our everyday stress and relax.

All the women who attended felt that they had learnt something new, and were keen to employ some of these stress reducing techniques into their daily routine.

November's event recognized Cervical Cancer Awareness Week, and was marked by a Women's Business Cancer Awareness Morning Tea. All attendees enjoyed a delicious morning tea and participated in creative activities while having a yarn.

The speaker for the events was our Registered Nurse Hannah, who gave all the ladies an update on the cervical cancer screening process, and how these changes will affect how regularly women should be screened.

It is vital to share important updates like this with the community so that all women are educated and can make informed choices about their health.



## RTO Student Graduation



**We are happy to announce we had our Graduation ceremony on 13th of December where two of our students graduated.**

Although the numbers are meagre, we are proud to say we definitely have the quality outputs who will be a great asset to the community. Our CEO, June Councillor congratulated our students on graduating with flying colours and wished them well as they serve the community to their fullest.

June also requested the community to encourage more people to enrol, and especially more men to be encouraged to take up ATSI Primary care as their career.



June also insisted that students register with AHPRA. The students shared their stories and motivated the current batch. The Graduation Ceremony ended on a happy note with the tradition of cake cutting. Our next batch of students are likely to commence in April.

Please do not hesitate to contact us regarding information about certificate IV in ATSI Primary Health Care Practice.

# Chronic Disease Team Out and About in the Community

**Why Health Checks Matter Information Day - Our Chronic Disease Team at Wirraka Maya want you to know "Why Health Checks Matter".**

Getting a health check is like servicing your car... you need to get it done regularly to ensure everything is running smoothly, this is like your health.

Getting a regular, annual health check can help make sure you are running on all cylinders! The chronic disease team held an information day to raise awareness about the importance of these health checks.

A BBQ lunch was provided for all that came along. Healthy Portion Plates were handed out, along with Deadly Tucker Cookbooks. We also had one of our doctors attend along with our pharmacist who were both available for any questions.

For further information about the health checks on offer at Wirraka Maya, please call the clinic and one of our friendly team will be able to assist.



## World Diabetes Day

World Diabetes Day was on Tuesday 14th November. Did you know that 1 in every 2 adults with diabetes is undiagnosed, so it might be time you got your blood sugars checked!

It is also important to keep up regular health checks, so you can track any changes or risk factors and keep an eye on them. Our Chronic Disease Team were down in the South Hedland Shopping Centre for World Diabetes Day with an information stall.

We had lots of giveaways, free information and the team were also doing random

blood glucose tests along with running some individuals through an AUSDRISK, which is an assessment tool that looks at your risk of developing Type 2 Diabetes.

It is a great way to quickly look at your own risk, and any changes you can make to help reduce this risk, for example increasing exercise and getting enough of those fruits and veggies into your diet!

If you have any questions about diabetes, or would like to book in for a health check, call our clinic today, and one of our friendly staff will be able to assist.



# Breast Cancer Awareness Month

Breast Cancer Awareness Month is held annually in October. Throughout the month Wirraka Maya held weekly Morning Teas, where the community were invited to come along, share in a delicious morning tea, have a yarn and share stories and support for those who are affected by Breast Cancer.

Earlier in September the BreastScreen WA Pink van visited the Hedland Community, so that women had the chance to receive a free breast screen and continue to get regular screening checks, which is such an important aspect of helping to decrease the impact of this disease.

Staff also got involved by wearing our pink shirts, made especially for Breast

Cancer Awareness Month, with many compliments being received from community members about these shirts, they were a big success.

They also displayed the following message – Support the fighters, admire the survivors, Honour the taken and never ever give up hope, an important reminder to us all.

We are looking forward to bringing new initiatives for Breast Cancer Awareness Month in 2018, so be sure to keep an eye out for details later in the year.

Our weekly PHaM's group also assisted in the making of our Breast Cancer Awareness Banner, which was displayed throughout the month and looked fantastic, thanks for all your efforts!



# New Staff Update

## New Practice Manager Gail Williams

Wirraka Maya are very excited to announce the appointment of our new Practice Manager, Gail Williams.

Gail brings a wealth of knowledge, skills and experience to the team due to her work in remote locations, her time as an educator at Marr Mooditj Training Aboriginal Corporation and background in aged care, rehabilitation, women’s health and hospitals.

As the Wirraka Maya Practice Manager (Registered Nurse), Gail will be joining the Clinical Services team on a full time basis. She will be responsible for leading the clinic team and ensuring clients have optimal access to services and the ongoing support of a safe and friendly environment.



### A bit more about Gail...

I was born in Mullewa WA. I am a Warrwa woman from my mother’s side and a Yamatji from my father’s side.

I am a Registered Nurse with many years working in remote clinics, ACCHO’s, WA government and Population health and in senior management positions.

I have always wanted to work with my people and to give back to the community, all that I have gained over so many years in health. Aboriginal health is my domain.

I look forward to taking this wonderful opportunity to work in the Pilbara and hope to be here for some time.



## PHaM’s Support Worker Duane Jackamarra

**My name is Duane Jackamarra I was born in Port Hedland but was raised in Perth most of my life.**

I have cultural and ancestral links to Ngarluma Language group which is located in West Pilbara on the Burrup Peninsula including Roebourne and surrounding towns.

I joined the PHaMs (Personal Helpers and Mentors) team in early December as a Peer Support Officer, it would seem after looking back at my career/past positions all have had a major focus on advocacy & support. On closing,

I would like to say that I get a real buzz out of helping someone who otherwise wouldn’t have the capacity.

# What's coming up!

	Mon	Tue	Wed	Thu	Fri
<b>FEBRUARY</b>				<b>1</b> Diabetes Educator <b>Monthly Health Promotion Priority Area: Sexual Health</b>	<b>2</b>
	<b>5</b>	<b>6</b>	<b>7</b> PHaM's Women's Group	<b>8</b> Diabetes Educator	<b>9</b>
	<b>12</b> Wirraka Maya Radio Show. 11am-12pm. 101.3FM	<b>13</b>	<b>14</b> National Condom Day PHaM's Women's Group	<b>15</b> Diabetes Educator	<b>16</b>
	<b>WA Sexual Health Week</b>				
	<b>19</b>	<b>20</b>	<b>21</b> PHaM's Women's Group	<b>22</b> Diabetes Educator	<b>23</b>
	<b>26</b> Wirraka Maya Radio Show. 11am-12pm. 101.3FM	<b>27</b>	<b>28</b> PHaM's Women's Group	<b>1</b> Diabetes Educator <b>Monthly Health Promotion Priority Area: Women's Health</b>	<b>2</b>
	<b>MARCH</b>	<b>5</b>	<b>6</b>	<b>7</b> PHaM's Women's Group	<b>8</b> Diabetes Educator International Women's Day
<b>Kidney Health Week</b>					
<b>12</b> Wirraka Maya Radio Show. 11am-12pm. 101.3FM		<b>13</b>	<b>14</b> PHaM's Women's Group	<b>15</b> Diabetes Educator National Close the Gap Day	<b>16</b>
<b>19</b>		<b>20</b>	<b>21</b> PHaM's Women's Group Harmony Day	<b>22</b> Diabetes Educator	<b>23</b>
<b>26</b> Wirraka Maya Radio Show. 11am-12pm. 101.3FM		<b>27</b>	<b>28</b> PHaM's Women's Group	<b>29</b> Diabetes Educator	<b>30</b>