

ISSUE 3, 2018

WIRRAKA MAYA NEWS



HEALTH SERVICE
ABORIGINAL CORPORATION

CEO Update



Greetings and welcome to the July edition of the newsletter!

It's been a very busy quarter with the ongoing delivery of programs, participation in community events and activities and building strong partnerships to improve the health and wellbeing of clients in our community. We engaged recently with community groups through sponsorships of sporting activities, to assist with promoting healthy lifestyle messages, especially towards the hard to reach clientele.

Wirraka Maya is committed to continuously upskilling staff in their respective roles and creating career pathways by supporting staff to grow into leadership roles. Program Coordinator roles are presently being trialled to enable staff to gain leadership skills and experience with the aim of them being able to take on management roles in the future.

Our building expansion project continues to progress with plans now being finalised and funding sought for the new building. Should we be successful in obtaining funding, this project will not be completed until 2019-20. In the meantime we continue to experience serious space constraints and so in the interim we have hired a donga. Our admin services will be relocated to this space to enable the current offices to be redesigned for our maternal & child health programs. These changes are taking place now and will occur with the least amount of disruption to the service.

These are exciting times and even more to come!

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“Be At Your Best” Basketball Carnival

We were so excited to once again bring back the “Be At Your Best” Basketball Carnival in 2018!

This year saw teams competing for the fantastic cash prizes that were up for grabs. This basketball carnival is all about promoting our message of being at your best in all aspects of life, looking after your spirit, your mind and your body. Once again all players showed great commitment and team work throughout the weekend. A huge congratulations to our winners of the men’s competition Hedland Magic, and the women’s competition Slow and Steady. Congratulations to all teams who

competed on the weekend, the level and quality of play was outstanding. We are looking forward to bringing back the event bigger and better next year, so make sure you keep an eye out for details in the New Year! Thanks to all the Wirraka Maya staff, in particular our Events Committee whose hard work and dedication in putting together the event made it such a success! Jump on Facebook to see all the photos from the weekend.



World No Tobacco Day

World No Tobacco Day was held on Thursday May 31st.

This year the theme for World No Tobacco Day was "Tobacco Breaks Hearts" and aims to highlight the increased risk that smokers have of cardiovascular disease and the significant impact this can have on lives. Our TIS Team held an event that included an information stall, free giveaways and the smoke free house photo booth. The highlight of

the afternoon was the showcase of all the banners that different community groups, schools and programs have been working on for the last month. These were displayed around the fence at Wirraka Maya Health Service, and present a strong message highlighting all the reasons one should quit smoking. Groups from within Wirraka Maya such as our men's and

women's groups and mums and bubs groups also contributed by designing a banner, along with school kids from our TTA workshops and SLAM basketball. There were some strong messages and slogans developed which is great to see. If you want to get in touch with our TIS team, give the Wellbeing Centre a call.



Strong Men's Group

In December of 2017 discussion commenced with key stakeholders in the town of Port Hedland inviting them to sit on a reference group to establish a regular social group for the community men of Port and South Hedland.

After gauging a community response, consensus found that some of our men were not as strong as they used to be and had lost their inner-spirit. From these findings the "Strong Men" group was established, where community men have a casual meet and greet at the Wellbeing Centre at Wirraka Maya Health Service once a week. Well known and respected upstanding community men were approached to be role models and

to encourage other men to come for a feed and yarn.

Since commencing the "Strong Men" meet every Tuesday from 11am -1.30ish and of course we always have a nice lunch. BBQ's are common and the participants appreciate a nice, healthy wholesome feed, whilst having a yarn. The whole idea around the Strong Men's group is that we have "the ripple in water affect", giving

out the tools, advice on options and then seeing them make the changes in their life. It is hoped that from the group they become inspired and empowered to make a change that will help them bring back or find that lost inner-spirit that guides, protects and nurtures this and will enable them to make informed choices personally, for their family and for greater community.



Clinic Updates

Just a few reminders from the clinic. We encourage everyone who comes into the clinic to bring their Medicare card with them, and before you come in just to double check that it is still up to date and has not expired. This will make all processes easier when you arrive in the clinic.

Not all patients are aware of the ways in which they may be eligible to receive their prescribed medications at a discounted rate, or free of charge. We want to make sure our patients are receiving all the extra benefits available to them, so if you are not sure about your medication, next time you come in, have a yarn with the clinic staff. They will be able to let you

know if you are eligible for the discount if you are not receiving it already.

Have you had your health check recently? It is so important to get your health check once a year, so you can pick up any risk factors you may have, and we can also let you know ways you can improve your health by making simple small changes in

your life. An added bonus for those who come into the clinic and are eligible will receive a \$40 Coles Voucher once they have completed their health check. This doesn't only apply to adults, getting your kids a health check is vital for them, and for each child that is eligible, they will also receive a voucher. Come into the clinic today for your health check!



Wirraka Maya out in the Community

Wirraka Maya held a stall in the shopping centre in South Hedland on the 10th May.

This was led by the Indigenous Advancement Strategy Team at Wirraka Maya. Information was given out in regards to the programs and services that are run by this team, including our counselling services, community support and advocacy. They also had some great giveaways throughout the day, so hopefully you were able to pick some up! If you have any questions about these services, feel free to get in touch, or drop into the Wellbeing centre and we will be more than happy to answer any questions!



Welcome to Hedland Expo

This is a great initiative organised within the Hedland community that showcases the many services and organisations available. It was great to see so many people down there finding out all the great things that Hedland has to offer, and coming in to say hello to the Wirraka Maya staff that were handing out service information, giveaways and offering advice. If you have any questions about the services or programs that we offer, please get in touch!



Hedland Career 'Try a Trade' Expo

On Friday 15th June Wirraka Maya held a stall at this year's Hedland Career Try a Trade Expo, organised by Bloodwood Tree Association.

This is a great event where students from the high school can get exposure to the large range of career opportunities available within our community. Staff from Wirraka Maya were available to talk with students about study options within our RTO to undertake Certificate IV in ATSI Primary Health Care, and become an Aboriginal Health Worker. We also have several other training pathways available at Wirraka Maya, such as trainee positions. The stall was very well received by students, who were able to have a go at making their own banana smoothie on one of our smoothie bikes. While pedaling away students could see how easy it can be to incorporate healthy snacks into their lifestyle. We gave away lots of information about the different jobs you can have at Wirraka Maya, and a few giveaways for the kids as well!



Child and Maternal Health Update: Mums and Bubs Group

Our mums and bubs group got back under way after a short break for the school holidays.

Our Healthy Transition to Adulthood and Maternal and Child Health Teams have been supporting the facilitation of the group. The group will now be taking place every Friday from 11am at Wirraka Maya Health Service. It is great to see such a supportive environment where mums can come along, ask questions, share

stories and enjoy each other's company. The group have participated in various activities including designing and making a banner for the World No Tobacco Activities that took place in May, hearing from our counsellor Magdalene on mental health while enjoying a mini pamper session and most recently the team set up

a photo booth for mums and their bubs for some lifelong memories to be made. Thank you to all those who assist with the delivery of this program. All mums and bubs are invited to come along on Friday's from 11am.



New Staff



Catherine Moody Child Health Nurse

Catherine is an experienced Child Health Nurse who has worked abroad and most recently in the Northern Territory and brings a high level of knowledge with her.



Adrian Clinch PHaM's Support Officer

My name is Adrian Clinch. I am a local Kariyarra man, traditional Lore man, Ngyungamarta speaker and also a strong leader for my community. I'm currently working with the PHaM's program within the SEWB as a support officer, working to make our community strong again. I have worked with other communities like Warralong, Yandeyarra, Strelley and Punmu with Telethon Kids Institute as a leading community researcher, working around alcohol in pregnancy prevention. Now that I am in the SEWB I am hoping to see more workshops and education programs like suicide prevention programs so that we can tackle these issues that men are facing today, which makes it hard and can also trigger depression. I am also passionate about sharing more information about chronic disease such as diabetes, as this is a major concern to our community and a threat to all aboriginal people. We must act before it's too late in order to reduce deaths. Together we can make a difference for our kids to have a better future and a positive outlook on life.

Wirraka Maya sponsors South Hedland Swans Football Club!

Wirraka Maya Health Service has sponsored the South Hedland Swans Football club for the 2018 season!

We are really excited about this partnership and the ways in which it will be mutually beneficial. Wirraka Maya staff have been down at the Swans home games with

service and program information, while the boys have been very proactive in promoting the service and the programs that we run and it's great to see! We hope

that this partnership will continue into the future, and we are looking forward to seeing the benefits for both us and the South Hedland Swans football community.

What's coming up!

	Mon	Tue	Wed	Thu	Fri
AUGUST	Health Promotion Priority Area: Maternal and Child Health		1 PHaM's Women's Group Warralong Clinic	2 Diabetes Educator	3 Paediatrician Mum's and Bubs Group National Aboriginal and Torres Strait Islander Children's Day
	6	7 Dietitian Visit Strong Men's Group	8 PHaM's Women's Group Warralong Clinic	9 Kidney Health Diabetes Educator	10 Podiatrist Mum's and Bubs Group Paediatrician
	13	14 Physiotherapist Strong Men's Group Mum's and Bubs Group	15 PHaM's Women's Group Warralong Clinic	16 Diabetes Educator	17 Mum's and Bubs Group Paediatrician
	20	21 Dietitian Visit Strong Men's Group	22 PHaM's Women's Group Warralong Clinic	23 Kidney Health Diabetes Educator	24 Mum's and Bubs Group Paediatrician
	27	28 Physiotherapist Strong Men's Group	29 PHaM's Women's Group Warralong Clinic	30 Diabetes Educator	31 Mum's and Bubs Group Paediatrician
SEPTEMBER	Health Promotion Priority Area: Alcohol and FASD	4 Dietitian Strong Men's Group	5 PHaM's Women's Group Warralong Clinic	6 Kidney Health Diabetes Educator	7 Paediatrician Mum's and Bubs Group International FASD Awareness Day
	10	11 Physiotherapist Strong Men's Group	12 PHaM's Women's Group Warralong Clinic	13 Diabetes Educator Kidney Health	14 Paediatrician R U OKAY Day Mum's and Bubs Group
	17	18 Dietitian Strong Men's Group	19 PHaM's Women's Group Warralong Clinic	20 Kidney Health Diabetes Educator	21 Podiatrist Mum's and Bubs Group Paediatrician
	24	25 Physiotherapist Dietitian Strong Men's Group	26 PHaM's Women's Group Warralong Clinic	27 Diabetes Educator	28 Paediatrician Mum's and Bubs Group