



# Wirraka Maya Health Service Aboriginal Corporation

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MAY 2016

## First 'Be at your Best' Basketball Competition: A Huge Success!

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Wirraka Maya's first 'Be at your Best' Basketball Competition was held at Wanangkura Stadium on Saturday the 16th of April. The event saw approximately 40 youth from across Hedland battle it out on the courts for the championship.

The competition, organised and run by Wirraka Maya's Transition to Adulthood (TTA) team, aimed to encourage healthy lifestyle choices and team spirit among the youth of Headland. TTA used the opportunity to bring our youth together and promote resilience, bullying prevention, personal safety, confidence

and team building.

The participants were spread across 6 teams: Edgar/Coppin, Little Magic, Pacers, Rockstars, Silver and Superstars.

The kids had strong support from parents who generously volunteered their time to score games and assist Wirraka Maya staff where possible. Town of Port Hedland also helped out on the day.

After round 3, players and supporters had a lunch break with Subway and fresh fruit provided by Wirraka Maya. They were also treated to Youth



Felecia Ryder: Rockstars team member and Under 18's Best and Fairest Girl

Week live entertainment and participated in tobacco awareness health promotion activities before heading into the semi finals.

Pacers (under 15's) were competition champions, taking on Little Magic (under 12's) in the final. The underdogs—Little Magic, gave Pacers a run for their money in a tight game all the way through to the end with a final score of 23:17.

After the competition was an award ceremony. Trophies and medallions were awarded to the champions, runners up and Best and Fairest of each division.

The TTA team received a lot of positive feedback from the youth, spectators and agencies involved and are looking forward to running the event again in the future.



Pacers—Competition champions  
**Front Row:** Michael, Josh, Durias  
**Back row:** Bradley, Eamon, Darnell, Adam

# FASD: Community Collaboration and Cultural Guidance

*“they talked of the urgent need to keep culture strong and to have healthy mums and babies. They spoke of the importance of looking at history as a benchmark for addressing social issues and reclaiming strong culture”*

Wirraka Maya in a collaborative partnership with Telathon Kids Institute is working with the Hedland FASD Network in addressing Fetal Alcohol Spectrum Disorder (FASD) in Hedland and surrounding communities. This project funded by BHP Billiton, is part of a larger project aimed at *‘Making FASD History in the Pilbara’*. Several of the research team are based in Hedland and others are based in Perth.

Sylvia Lockyer, Hedland Project Coordinator, coordinates the FASD Network to identify the key issues around alcohol and pregnancy. Margaret Ramirez (community liaison officer) and Janelle Clifton (occupational therapist) have recently been appointed to establish a program (Alert) to support parents and teachers in

schools in Hedland, Yanderra and Warralong.

David Tucker has been working in Hedland for several months since June last year. He is conducting a survey to identify what the community knows about alcohol and pregnancy and what they would like to see happen in the future. The Knowledge Attitudes Practices (KAP) Survey will also help us show changes in attitudes and practices over time as the community develops greater awareness of the effects of drinking alcohol during pregnancy.

Associate Professor Roz Walker has been involved in community and stakeholder consultations in Hedland over

the past 15 months. Roz recently presented at the Hedland Aboriginal Health Planning Forum and also met with a local community group who are very interested in the project. She gave an overview of previous community engagement and preliminary work on FASD with other communities in the Pilbara to improve maternal and child health. She highlighted the importance of involving the community in the research process and being guided by a local community reference group, as well as other key stakeholders.

## Community Reference Group

We are delighted to announce that Ann Sibosado, Tracy Kynaston, Anika Coppin-Foley, Janet Stewart, Bonnie Liddell, Tabareena Waddaman, Margaret Moses-Martin, David Moses-Martin, Gordon Yuline and Basil Snook have agreed to be part of the community reference group to carry this forward as well as to recommend on and promote the importance of the project within the community; they talked of the urgent need to keep culture strong and to have healthy mums and babies. They spoke of the importance of looking at history as a benchmark for addressing social issues and reclaiming strong culture. An idea is to talk about the 70<sup>th</sup> Anniversary of the 1946 Pilbara Aboriginal Pastoralist’s Strike as a platform for health promotion.



**Back row:** Ebony Whitby, Timara Simpson, Joan Foley, David Tucker (Researcher), **Middle row:** Ann Sibosado, Sylvia Lockyer, Roz Walker (Researcher), Zabia Chiemwleski **Front row:** Margaret Moses-Martin, Tracy Kynaston and baby Amy Dhu **Sitting:** David Moses-Martin and Gordon Yuline

## Charmaine's Experience

Firstly I would like to say how proud I am of working here at Wirraka Maya. I was once a patient that utilised all of the services that Wirraka Maya provided. Now that I work here I realise how much hard work goes into providing all of these services to our community.

I have experience working in various other sectors where I watched our people struggle to change their lifestyles, it's frustrating when some of our people don't look after them-

selves. I find it very rewarding to work here at Wirraka Maya because we are able to monitor our people's health and help them gain a better lifestyle.

We have good patients that we just adore and would do anything for because we know that they appreciate the service. I am lucky to work with the two most efficient and capable women in this organisation - Joyce and Jenela, we work very well together which is very im-

portant in our roles. The doctors and other staff are also a pleasure to work with, I find everyone very professional and positive which is great because this job can take a lot out of you.

It's important we keep our Indigenous numbers up - let's keep Wirraka Maya going strong for our people!



Charmaine Tullock

## Good News from our Counsellors and Health Message of the Month: Know Your Alcohol Guidelines

Many people perceive cannabis, cocaine, ecstasy and heroin to be drugs which can cause harmful effects to people, but don't perceive alcohol to be a drug that can cause harmful effects. This wrong perception may be due to limited or lack of knowledge regarding the harmful effects of alcohol and other drugs misuse. However, clients' wrong perception has been changing since alcohol and other drugs counselling specialists started providing services for individuals, families and facilitating in group programs. The counselling services increased clients' knowledge

which addressed their wrong perception regarding alcohol and other drugs misuse. Alcohol affects each of us differently and as a result, there is no amount of alcohol that can be said to be safe for everyone. The National Health and Medical Research Council Alcohol Guidelines can help us reduce health risks from drinking alcohol. Briefly, these guidelines include:

"For healthy men and women, drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury."

"For healthy men and wom-

en, drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion."

"For children and young people under 18 years of age, not drinking alcohol is the safest option"

"For women who are pregnant or planning a pregnancy, not drinking is the safest option"

For more information or to read the guidelines in full visit: [www.nhmrc.gov.au/health-topics/alcohol-guidelines](http://www.nhmrc.gov.au/health-topics/alcohol-guidelines)



*"The counselling services increased clients' knowledge which addressed their wrong perception regarding alcohol and other drugs misuse"*

## Carolyn Hartness: FASD Facilitator Training

Healthway Visiting Fellow Carolyn Hartness is a Fetal Alcohol Spectrum Disorder (FASD) consultant and educator with extensive experience both internationally, and with indigenous communities. Building on her previous visit to the Pilbara, Carolyn will provide a specific in-depth FASD Facilitator Training Program that

can resource services and community members to provide ongoing training in the future and includes a mechanism that ensures that a local coordinated prevention effort is facilitated. Participants will learn what FASD is, behaviours, interventions and prevention. This short course will run from the 23rd

-26th of May and is open to health professionals, service providers, parents/carers and community members across the Pilbara. To express interest in attending contact

Sylvia Lockyer: [Sylvia.Lockyer@telethonkids.org.au](mailto:Sylvia.Lockyer@telethonkids.org.au)



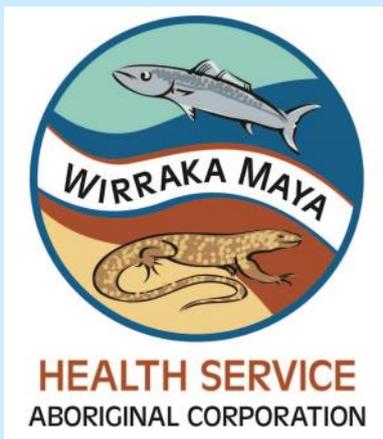
# May 2016

Mon	Tue	Wed	Thu	Fri
30 RTO Batch B Block 3	<b>31 World No Tobacco Day</b> Yarning Up Women's Group/ RTO Batch B Block 3			
2 RTO Batch A Block 7	3 Yarning Up Women's Group / RTO Batch A Block 7	4 Skills Training (PHaMs clients and family) / RTO Batch A Block 7	5 RTO Batch A Block 7	6 Inspire Men (Men's Group) / RTO Batch A Block 7
9 RTO Batch A Block 7	10 Yarning Up Women's Group / RTO Batch A Block 7	11 Warralong Women's Group / PHaMs Skills Training/ RTO Batch A Block 7	12 RTO Batch A Block 7	13 Inspire Men (Men's Group) / RTO Batch A Block 7
16 Healing Camp	17 Healing Camp	18 Skills Training (PHaMs clients and family) / Healing Camp	19 Healing Camp	20 Inspire Men (Men's Group) / Healing Camp
23 Carolyn Hartness: FASD Facilitator Training Program	24 Yarning Up Women's Group / Carolyn Hartness: FASD Facilitator Training Program	25 Skills Training (PHaMs clients and family) / Carolyn Hartness: FASD Facilitator Training Program	26 Carolyn Hartness: FASD Facilitator Training Program	27 Inspire Men (Men's Group)

## World No Tobacco Day - 31st of May

Come along and join Wirraka Maya in recognising World No Tobacco Day on Tuesday the 31st of May, 10am-1pm.

We will have activities, prizes, giveaways, quit-smoking resources and a BBQ lunch. It's sure to be fun for the whole family!



### Wirraka Maya Health Service Aboriginal Corporation

Wirraka Maya is open:  
Monday to Thursday 8:30am to 5:00pm  
Friday 8:30am to 4:00pm  
Closed weekends and public holidays

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