

VOLUME 2 ISSUE 2

MARCH 2017

WIRRAKA MAYA NEWS



HEALTH SERVICE
ABORIGINAL CORPORATION

CEO Catch Up

Greetings to you all, and welcome to the March Edition of the Wirraka Maya Newsletter.

February was an extremely busy month and we are proud to announce and share with you our new and exciting marketing campaign.

Our new Website, Facebook page and YouTube went live in late February. Our staff have been very active in sharing information and promoting our programs online, on the radio and through ads on television.



I would like to take this opportunity to extend my appreciation to all staff who worked tirelessly to ensure this campaign came to fruition, and that the services we deliver to our community are culturally sensitive and of a professional standard.

We are very excited about the increased level of community engagement and ongoing part-

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nership activities that we aim to achieve throughout this year.

A big THANK YOU to you all!

Shopping Centre Stall Promotes WA Sexual Health Week

WA Sexual Health Week ran from 6-12 February this year.

To raise awareness, Wirraka Maya Health Service held an information stall at South Hedland Square on February 7.

Over 80 people stopped by to chat, fill in a quiz, and to pick up free brochures, condoms and promotional items.



The theme for the week was **Safety, Pleasure and Respect**. These three simple words underpin a holistic understanding of sexual health.

A common misconception about sexual health is that it means being physically healthy or having regular STI tests. While this is important, Sexual health is a lot more than safe sex, preventing infection and unwanted pregnancy.

Sexual health is about having open communication, confidence in making informed choices, acceptance of our differences and a healthy understanding of sexuality and



relationships. It is about life, love, relationships, and the freedom of sexual expression. It is about what happens in the head and heart, it is about thoughts and feelings and how that relates to others.

Sexual health is about safety, pleasure and respect.

Good News for Those Wanting Quit Smoking Support

Our **FREE Quit Clinic** is now open daily!

If you need help to quit the smokes, cut down or would simply like to talk to someone about your smoking, our Quit Clinic could be for you.

We offer this support service on a daily basis by appointment, or you can simply drop in on Tuesdays and Thursdays between 9am and 12pm.

A visit will involve sitting down with one of our friendly Tobacco Action Officers; Jodi Whitby and Natalie Newie. They will help you develop a quitting plan, go through the support options available, and provide information on quit medication and Nicotine Replacement Therapy (NRT). They can also provide a referral to Quitline if you would like extra assistance.

QUIT CLINIC

NEED HELP TO QUIT THE SMOKES?

Talk to one of friendly Tobacco Action Officers so that

YOU CAN MAKE A CHANGE THIS 2017!

- Call **9172 0444** for more information
- Wirraka Maya Health Service Aboriginal Corporation (WMHSAC). 17 Hamilton Road, South Hedland.
- Transport available.

TACKLING INDIGENOUS SMOKING

Social and Emotional Wellbeing Centre

www.wmhsac.com
facebook.com/WirrakaMayaHSAC

ICN 1855 ABN 65 321 646 985

HEALTH SERVICE ABORIGINAL CORPORATION

Occupational Safety & Health Training for All Staff

On Monday, 20th February, staff at Wirraka Maya attended an Occupational Safety & Health (OSH) training session conducted by the Chamber of Commerce and Industry of Western Australia (CCI).

The sessions provided an opportunity for education,



training and advice on our OSH requirements. It was also an opportunity to come together as a team in order to get to know one another better.

The sessions covered legislation, risk management, safe behav-

iours, harassment, sexual harassment and bullying.

It was fantastic to see that all participants took the training seriously. It certainly created robust discussions around the topics covered.

Working with Clients to Tackle Chronic Disease

Our Chronic Disease team focuses on completing health checks and care plans for clients.

Regular health checks can help detect and prevent chronic conditions such as diabetes, cancer, respiratory conditions, renal disease and heart disease.

We work with clients to create Individualised Care Plans, to help them self-manage their chronic disease and prevent complications. A Care Plan includes goals and targets that a client has made for their own health.

Our Chronic Disease team includes Aboriginal Health Practitioners and GPs.

Our vision is to improve healthcare outcomes for Aboriginal people in the Hedland area and surrounding communities.

Our team has been sending out recall/reminder letters to clients. If you have received a letter in the mail, please come

to Wirraka Maya Health Service during. You can make an appointment by phoning our friendly reception team on (08) 9172 0400.

We are open from 8:30am-5:00pm Monday to Thursday, and 8:30am-4:00pm on Friday.



Wirraka Maya Chronic Disease Team (from left): Celia Harnas, Tania Kelly and Gary (Skip) Brahim

Welcome to the team



Jodi Whitby
Tobacco Action Officer

Jodi moved here from Geraldton in early February with her husband and three kids. She was part of the Tackling Indigenous Smoking (TIS) team at GRAMS (Geraldton Regional Aboriginal Medical Service). She is happy to be part of our TIS team, and hopes to help the community.



Derek Winmar
Transportation Driver

Derek Winmar has joined Wirraka Maya in the role of Transportation Driver in February 2017. He brings with him extensive knowledge in vehicles and remote driving.



Karen Pinto
HR Officer

Karen Pinto joined us in the capacity of HR Officer in February 2017. She brings 8 years of experience in Human Resources and holds a Post Graduate Diploma in Human Resources. She has worked in various industries from publishing to hospitality and the tyre industry.



Tamika Bowen
Administration Support
Officer/ Receptionist

Tamika Bowen joined the team in February 2017 as an Administration Support Officer/Receptionist. She holds certificates in Hospitality and Business. She has also volunteered with the Hopevale Police Citizen Youth Club and worked as a Nanny.

What's on in March?

Mon	Tue	Wed	Thu	Fri
		1 Skills Training - Personal Helpers and Mentors (PHaMs) program	2 Tackling Indigenous Smoking (TIS) Quit Clinic	3 Inspire Men (Men's Group)
6 CLOSED: Public Holiday	7 TIS Quit Clinic	8 PHaMs program International Women's Day Morning Tea 10-11am	9 TIS Quit Clinic	10 Inspire Men (Men's Group)
13 Health Worker Training Week TTA Program at YIC: Resilience	14 TIS Quit Clinic FASD Network Meeting	15 Skills Training - PHaMs program	16 TIS Quit Clinic National Close the Gap Day 9am-1pm	17 Inspire Men (Men's Group)
20 Health Worker Training Week TTA Program at YIC: Health Promotion	21 TIS Quit Clinic Harmony Day	22 Skills Training - PHaMs program	23 TIS Quit Clinic	24 Inspire Men (Men's Group)
27 TTA Program at YIC: Resilience	28 TIS Quit Clinic	29 Skills Training - PHaMs program	30 TIS Quit Clinic	31

CLOSE THE GAP

Demand Indigenous health equality

Wirraka Maya Open Day—16th March 2017

National Close the Gap Day

We are holding an open day at Wirraka Maya for National Close the Gap Day. Come down to check out what our service offers, meet our staff, have a FREE mini health check, talk to other local service providers, and grab yourself a FREE sausage sizzle, fruit and water.



HEALTH SERVICE
ABORIGINAL CORPORATION

Opening Hours:

Monday to Thursday 8:30am to 5:00pm

Friday 8:30am to 4:00pm

Closed weekends and public holidays

Address: 17 Hamilton Road/ PO Box 2523,
South Hedland WA 6722

Phone: Clinic (08) 9172 0400 / Wellbeing (08) 9172 0444

Fax: Clinic (08) 9140 2966 / Wellbeing (08) 9172 3719

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