

VOLUME 2 ISSUE 4
OCTOBER 2017

WIRRAKA MAYA NEWS



HEALTH SERVICE
ABORIGINAL CORPORATION

CEO Catch Up

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

It gives us great pleasure to share with you throughout this newsletter some of the great work Wirraka Maya is doing in and for the community we serve. Our staff work tirelessly to ensure the important health messages reach our targets and is delivered with respect and cultural sensitivity, which is key to our business. Our aim is to improve the health outcomes for our clients and patients and to encourage the community to get a stay healthy and well.



Wirraka Maya is busy implementing its Strategic and Business Plan (2016-2018) that helps maintain our compliance with the National Key Performance Indicators for Primary Health Care as well as focusing on our new building expansion project. This project will address our current space constraints and allow Wirraka Maya to grow its business and potential to provide additional programs

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such and Men's and Women's Health, Home Dialysis unit, outdoor area for community events and increase in wellbeing programs and allied and clinical health programs for our community. We will be sharing this information with our community in

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 on Thursday 21st September in the Town Square in South Hedland from 9.30am—



12pm. 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.



Warralong Community Day

Wirraka Maya hosted a Community Fun Day at Warralong on Tuesday 19th September.

We packed up and headed out to Warralong with car loads of activities for all to enjoy.



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



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.



We set up at the school with numerous 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 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.



R U OKAY Day — Movie Night

The staff at Wirraka Maya got involved in raising awareness for R U OKAY Day, held on Thursday 14th September.

All staff wore specifically designed shirts, and were keen to ask each other R U OKAY?

R U OKAY's vision is a world where we are all connected and protected from suicide. By asking this simple questions of family and friends, we can meaningfully connect with those around us, and support those who may be struggling.

Wirraka Maya also hosted a family movie night in Shay Gap Park which saw over 160 community members come down and en-

joy the movie under the stars.

It was a great night, bring together the community, getting conversations started and raising awareness about the importance of looking out for one another.

The family movie Inside Out was

shown, which gives a fresh perspective on how major events in our lives can influence our emotions.

Thank you to all those who came along and to all the staff at Wirraka Maya who helped make the event a success.



International FASD Day

On Friday September 8th, Wirraka Maya joined together with Telethon Kids Institute to hold a community family fun day to raise awareness for International FASD Day.

Other organisations joined the activities in the Town Square, which included a kids obstacle course, arts and crafts, giveaways, raffle prize draw and a delicious



bbq lunch.

Wirraka Maya gave away various electrical goods as part of the raffle.

Internal FASD Day raises awareness for Fetal Alcohol Spectrum Disorder, and highlights that while pregnant it is important for women not to consume alcohol.

This year the Telethon Kids Institute released several video's that recognised local community members and their experience and exposure to FASD.



It was highlighted through these video's that it is not just an individual effort that is needed, but from everyone in the community, as we support pregnant women to not drink alcohol throughout pregnancy.



What's on in October?

Mon	Tue	Wed	Thu	Fri
2—Breast Cancer Awareness Month	3	4	5— Diabetes Educator	6
9	10— Dietitian Visit	11— Women's Business Lunch	12— Breast Cancer Awareness Morning Tea 9.30am	13
16	17	18—Personal Helpers and Mentors Sewing Group	19—Breast Cancer Awareness Morning Tea 9.30am	20
23	24— Podiatrist Visit Dietitian Visit	25—Personal Helpers and Mentors Sewing Group	26— Breast Cancer Awareness Morning Tea 9.30am	27
30	31			

Breast Cancer Awareness Month



October is Breast Cancer Awareness Month. Join us to raise awareness every Thursday throughout October for a morning tea in the clinic reception. Help us to Support the fighters, Admire the survivors, Honour the taken and Never Ever give up hope



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

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