

VOLUME 2 ISSUE 5
NOVEMBER 2017

WIRRAKA MAYA NEWS



HEALTH SERVICE
ABORIGINAL CORPORATION

CEO Catch Up

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

Wirraka Maya is moving ahead with implementing its Strategic & Business Plan (2016-18) and over the past month we've been extremely busy.

Architect, David Kaunitz from Kaunitz & Yeung Architects, visited Wirraka Maya to meet with the Board and staff, (an invitation was also extended to the members); to discuss the next stage of the Building Expansion Project (*Strategic Direction 3, Strategic & Business Plan 2016-18*). The Draft Building Plans are available at Wirraka Maya for people to view and we welcome your feedback.



Wirraka Maya continues to face challenges with attracting qualified people to specified positions and in response among other strategies, has provided interested staff with internal acting opportunities to help increase their knowledge, their experiences and allow for professional growth. Wirraka Maya has also increased internal and external training and professional development opportunities for staff and managers to ensure we provide and maintain a high quality service to our

Inside

Breast Cancer Awareness Month	2
RTO AHPRA Registration	3
Women's Business Lunch	3
What's on in November	4

community and enhance the skills of our workforce. Our aim is to have Wirraka Maya as a workplace of choice.

Although we are nearing the end of another great year, our work continues to grow with satisfaction and excitement.

TIS team head to Hobart for International Conference

Our TIS team have been busy lately. Both Natalie and Jodi attended the National Oceania Tobacco Control Conference from the 17th–19th October in Hobart Tasmania.



Issues were raised from various countries around the world including Canada, America, Tonga and New Zealand which was very

interesting. The team brought back lots of ideas and resources that can be used in our TIS pro



gram, and are looking forward to implementing these in the near future.

The team also worked towards presenting a Workshop at the South Hedland Senior High School. The topic was Nicotine and showing the kids how many chemicals are in cigarette smoke. The session was delivered to year 8 and 9 students and was very successful. Students were really surprised at how many chemicals are actually in cigarette smoke!

If you are interested in any of the programs our TIS team are running, get in touch with Natalie or Jodi by calling the Well-being Centre.

Breast Cancer Awareness Month

October was Breast Cancer Awareness Month. It is so important to increase awareness of this cancer, that is still one of the most common in women across Australia.



The breast screen van visited South Hedland throughout late August and September, and it was great to see so many women making use of this fantastic service.



We hope that we have brought attention to this very important cause, and reminded all women that getting regular breast screens is the best way to protect yourself.

We held three morning teas throughout October for community members to come together, have a yarn, share some stories and raise awareness about the importance of getting checked regularly.

Early detection is the best protection, so it is vital to continue getting checks throughout our lives.



At Wirraka Maya we are supporting the fighters, admiring the survivors, honouring the taken and never ever giving up hope.

Thank you to everyone that came along to each morning tea, it was great to see so many familiar faces, and a few new ones throughout the month.

Thanks also to all the staff that contributed to each morning tea, including the cooking and hard work that went into each one.

If you have any questions about where you can get a breast screen, contact the clinic on 9172 0400.



RTO AHPRA Registration

Wirraka Maya health Service is a registered Training Organisation and a provider of Certificate IV in Aboriginal and /or Torres Strait Islander Primary Health Care Practice.

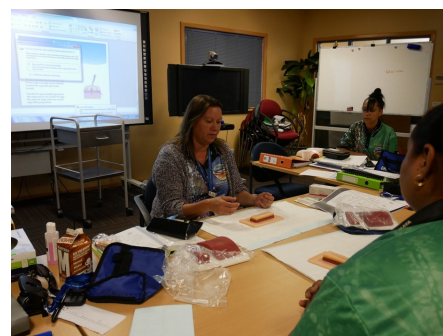


We are very excited to announce that the Australian Health Practitioner Regulation Authority has given a preliminary decision on August 8th

2017 to accredit with a condition imposed for this course. Our RTO team have been working tirelessly for this fantastic achievement, so congratulations is in order!



Our students are currently in their 6th Block of study, and were recently undergoing suturing, which was very well liked among students.



If you have any questions in regards to the course, please contact our RTO Coordinator in the wellbeing centre.



Women's Business Lunch

We held another successful Women's Business Lunch on Wednesday 11th October in the Wellbeing Centre here at Wirraka Maya.

This event was held in recognition of Mental Health week, which ran from October 8th—14th.



Our counsellor Magdalene gave a fantastic and informative presentation on looking after your own mental health, along

with being able to pick up signs in other people that they may be struggling with mental health issues.

We also heard from our PHaM's team (Personal Mentors and Helpers) who gave us lots of practical ways we can relax and de-stress in our daily life. This may include such activities as going for a walk, doing some gardening or having a cup of tea with a friend. Just these simple activities can really help with your mental health, and it is so important that we look after ourselves and our mental health!

We had giveaways and a great raffle which included prizes such as a fruit tree, colouring book and also a massage

voucher, which I am sure the winner of will be very relaxed! Thank you to all the ladies that came along, we really appreciated your enthusiasm and willingness to participate in discussions and activities.



Be sure to keep an eye out for our next Women's Business event, which will be taking place on Wednesday November 15th.

What's on in November?

Mon	Tue	Wed	Thu	Fri
		1— PHaM's Sewing Group	2— Diabetes Educator	3
6	7— Dietitian Visit	8— PHaM's Sewing Group	9— Diabetes Educator	10
13— Cervical Cancer Awareness Week	14— World Diabetes Day	15— Cancer Awareness Morning Tea	16— Diabetes Educator	17
20	21— Dietitian Visit	22— PHaM's Sewing Group	23— Diabetes Educator	24
27	28	29— PHaM's Sewing Group	30— Diabetes Educator	



Cervical Cancer Awareness Week

Cervical Cancer Awareness Week runs from November 13th to 19th. In recognition we will be holding a Cancer Awareness Morning Tea on Wednesday 15th October. All women are invited to come along, share stories and support each other, as this can make a huge difference to someone who might be suffering or has a family member or friend who is suffering.



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

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