

ISSUE 5, 2019

# WIRRAKA MAYA NEWS



HEALTH SERVICE  
ABORIGINAL CORPORATION

## CEO Update



### Greetings from the CEO office

Welcome to the first edition of our Wirraka Maya Newsletter for 2019. The year has kicked off to a very good start with our clinic and wellbeing programs now up and running and with many exciting activities and events planned for this year.

Cyclone Veronica created some down time for us with Wirraka Maya having to remain closed for a short time to assess for damage and minimise the risks before allowing workers and clients come on site. Thankfully there was very little damage and we able to return for full operation of services within 24 hours.

Wirraka Maya with input from the community, stakeholders and staff,

developed our new Strategic Plan for the next five years. The new plan focuses on four key strategic areas including: (1) The Health of our Community; (2) Workforce and Leadership; (3) Infrastructure and Systems and (4) Financial Sustainability.

Wirraka Maya is currently preparing for AGPAL accreditation for our clinical services. We are also preparing reregistration for our RTO that allows us to continue delivering the Certificate IV in Aboriginal & Torres Strait Islander Primary Health Care for Aboriginal & Torres Strait Islander people the Pilbara region. It is already proving to be a very busy year for us but one that we are looking forward too.

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# Family Movie Night

The Tackling Indigenous Smoking (TIS) team at Wirraka Maya Health Service held a family movie night on Thursday 31st of January in Shay Gap Park in South Hedland.

We screened the family movie 'Hotel Transylvania 3' which was a big hit with all the kids. We had a great turnout for the event with 140 people attending. The family movie night had hot dogs and popcorn available for everyone that came along. The TIS team had giveaways and prizes based around education, looking at the importance of reducing the impact

of smoking. They also had back to school raffle prizes. The message we want to share with the community is that you can take small steps to tackle your smoking. This small steps will add up over time and have a greater impact in the long run. The aim was for the whole community to understand the importance of those small steps and how achievable they can be.



# International Women's Day

The Health Promotion team at Wirraka Maya Health Service held an International Women's Day Morning Tea on the 8th of March.

The event was held at the Lotteries Sky West function room. We had 42 ladies come along from the Wirraka Maya Woman's group and Mums & Bubs group.

The event focused on Physical and mental health promotion. The aim was to explain the benefits of exercise and that it's not just for physical health, but for mental health too. A short Zumba class was offered, along with Traditional Torres Strait Islander dancing. Special guests attended from Yaandina, offering advice for stress relief, through breathing exercises and Coco-nut box weaving. We concluded the event with a lovely morning tea where we gave away some great raffle prizes. We received very positive feedback from the ladies who attended, with most of them requesting more frequent Women's group activities, including dancing.



# National Close the Gap Day

Wirraka Maya Health Service held a Community open day in recognition of National Close the Gap Day on the 15th March.

As we looked to bring people together and share information with the community, other organisations were invited to attend and promote the services they offer. Throughout the day community members were also able to complete a health check, which is one of the ways that can contribute to the Close the Gap campaign. Our Chronic Disease Team,

Maternal & Child Health Team, Tackling Indigenous Smoking Team, and Health Promotion Team were also on hand to offer advice and answer questions in regards to chronic disease, Ante-natal health and the effects of smoking. It was great to see so many people come down and take advantage of the information and resources being provided, along

with enjoying a delicious lunch provided by Wirraka Maya. 55 people attended the event, including children. We also had prizes and giveaways throughout the day, which saw some lucky winners sharing in up to \$500 in prizes! Thank you to all the organizations who participated on the day and to all the staff at Wirraka Maya who contributed.



# Slam Night

For this first school term, SLAM night takes place every Friday night at the JD Hardy centre.

Wirraka Maya supports the event, by providing health education for the children and teens who attend. We are expecting to have between 40 - 60 kids attend the free event. Wirraka Maya Transition into Adulthood (TTA) and Tackling Indigenous Smoking team have been supporting the event.

The Tackling Indigenous Smoking (TIS) Team, Jodi Whitby and Natalie Newie had about 20 to 30 kids engage in the pop-up stall on the 8th of March. 14 kids completed anti-smoking messages

on baby bibs. The TIS team will be using this activity leading up to the "World No Tobacco Day" in May. The theme this year is Tobacco and Lung Health, which ties into secondary smoking and its effects on young infants and children.

It was a very busy and successful night as all the kids were very eager to have some court time! The kid's ages ranged from 7yrs - 18yrs. The other organizations which supported the event were Headspace and Pop Health.



# PHaM's Weekly Women's Group

Our Women's Group at Wirraka Maya, run by our Personal Helpers and Mentors team (PHaM's) got underway for 2019, and it is bigger and better than ever!

This year there will be two days added to the program. Tuesday 11am to 12pm will be on site at Wirraka Maya where the women can partake in lots of different art and craft activities. The activities range from flower arranging, crocheting, quilting, painting and scrapbooking



# Travel Packs



The Patients Assistance Travel Scheme (PATS) coordinator Joyce Oxenham has had a very busy month.

From a generous donation given by Bianca Rinehart, of Restore Hope Australia, Joyce has created the Travel Packs initiative for Wirraka Maya patients and clients. In total 44 travel Carry on packs were made, 22 for women and 22 for men.

These travel packs will be given out to those in need, to support their travels to Perth, while seeking medical help. The backpacks have all the travelling essentials required, including personal hygiene products, clothing, first aid and shoes. Joyce will give the backpacks to struggling families who travel to Perth for health

# Condom Tree

Wirraka Maya's Enrolled Nurse, Hellena Djiagween, is working on a Condom Tree for the local community.

The condom tree will be made up of PVC piping and will act as a free Condom Dispenser. The aim is to promote safe sex and decrease the risk of developing sexually transmitted diseases. The Condom Tree concept has previously been done in the Kimberley's and has had huge success in promoting safe sex, by providing access to free condoms. The Condom Tree will be placed in common public areas and refilled on a regular basis. Nurse Hellena, along with Health Promotion Officer, Chloe Ajsafe will be delivering Sexual Health Workshops in the High School for term 2. A Painting project will be included with the students, to paint and decorate the PVC pipes. This project will increase Sexual Health awareness and provide accessible protection for safe sex.



# TTA Box Fit



**The Wirraka Maya Transition into Adulthood, along with JD Hardy Center and the South Hedland Police Department has an ongoing Boxing afterschool program running this term.**

In total 51 high school students have signed up for the free program. The program, which is run by the police teaches students the fundamental skills of technical boxing. The program aims to teach the message of resilience throughout the classes. The

police volunteers have been certified to coach children through boxing Australia. At the end of the program, 3 professional boxers will attend the sessions, visiting from Perth, who have numerous national and international titles under their belt.

**The Pro Boxers are;**

Gerard O'Mahony 17/03/1979

Todd Kidd 15/04/1985

Gregory Eadie 30/06/1981

They will be here between the dates of 8th of April until the 12th of April. We will be holding the main event on the 12th of April, with our Box Fit participants displaying their techniques they have been shown throughout the term. As well as exhibition matches with the Pro Boxers and local developing boxers.

Fresh fruit and water are provided for all participants each time the program has ended.

# Health Service Visiting Specialists Clinic

Specialty	Specialists name	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
Australian Hearing	Varies each visit			1st			
Dentist	Dr Eloise Host	14th, 16th, 18th	1st			20th-24th, 27th-31st	
Dietician	Eunice Asare (HHC)		5th & 19th	5th & 19th	2nd, 16th & 30th	14th & 28th	11th & 25th
Diabeter Educator	Kate Wilson (HHC)	Every Thursday AM	Every Thursday AM				
Physiotherapist	Grace Sapinski (HHC)	8th	12th & 26th	12th & 26th	9th & 23rd	7th & 21st	4th & 18th
Optometrist	Veeran Morar (LEI)	11th-13th	11th - 13th		2nd - 4th		17th & 18th
Paedritician	Varies weekly	Every Friday	Every Friday				
Podiatrist (male)	Dr Scott Westover (HHC)	Friday 25h		Friday 8th	Friday 19th	Friday 31st	
Kidney Health	Rey Tuando (Dialysis)	10th & 24th	7th & 21st	7th & 21st	4th & 18th	2nd, 16th & 30th	12th & 27th
Specialty	Specialists name	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Australian Hearing	Varies each visit						
Dentist	Dr Eloise Host	15th - 26th			21st - 31st	1st	
Dietician	Eunice Asare (HHC)	9th & 23rd	6th & 20th	3rd & 17th	1st, 15th & 29th	12th & 26th	10th
Diabeter Educator	Kate Wilson (HHC)	Every Thursday AM	Every Thursday AM				
Physiotherapist	Grace Sapinski (HHC)	2nd, 16th & 30th	13th & 27th	10th & 24th	8th & 22nd	5th & 19th	3rd & 17th
Optometrist	Veeran Morar (LEI)			9th & 10th	To be confirmed	11th - 14th	9th & 10th
Paedritician	Varies weekly	Every Friday	Every Friday				
Podiatrist (male)	Dr Scott Westover (HHC)	Friday 12th	Friday 23rd		Friday 4th	Friday 15th	
Kidney Health	Rey Tuando (Dialysis)	11th & 25th	8th & 22nd	5th & 19th	3rd, 17th & 31st	14th & 28th	12th

# What's coming up!

	Mon	Tue	Wed	Thu	Fri	
<b>APRIL</b>	1	2	3	4	5 World Health Day: Pop Up Clinic in the South Hedland Shopping Centre	
	8 Wirraka Maya Radio Show 11am – 12pm 101.3FM	9	10	11	12	
	15	16	17	18	19	
	National Youth Week: 13th - 20th April					
	22 Wirraka Maya Radio Show 11am – 12pm 101.3FM	23	24	25	26	
	World immunization Week: 24th - 30th April					
	29	30	Health Promotion Priority Area: Sexual Health			
	World immunization Week: 24th - 30th April					
	<b>MAY</b>			1 Dietitian visit	2 Diabetes Educator	3
		6 Wirraka Maya Radio Show 11am – 12pm 101.3FM	7 PHAMS Women's Group 11am - 12pm	8	9 Diabetes Educator	10 Welcome to Hedland Expo; PHAMS Women's Group 11am-12pm
13		14 PHAMS Women's Group 11am - 12pm	15 Dietitian visit	16 Diabetes Educator	17 PHAMS Women's Group 11am-12pm	
20 Wirraka Maya Radio Show 11am – 12pm 101.3FM		21 PHAMS Women's Group 11am - 12pm	22	23 Diabetes Educator	24 PHAMS Women's Group 11am-12pm	
27		28 PHAMS Women's Group 11am - 12pm	29 Dietitian visit	30 Diabetes Educator	31 PHAMS Women's Group 11am-12pm; World No Tobacco Day	

# What's coming up!

	Mon	Tue	Wed	Thu	Fri	Sat
<b>JUNE</b>	<b>3</b> Radio Show 11-12pm 101.3FM <b>Be at Your Best Basketball Carnival: 1-3rd</b>	<b>4</b> Women's Health Day PHaM's women's group	<b>5</b> Warralong Clinic Visit	<b>6</b> Diabetes Educator	<b>7</b> PHaM's women's group	<b>8</b> Paediatrician visit
	<b>10</b> <b>10th - 16th Men's Health Week</b>	<b>11</b> Women's Health Day PHaM's women's group	<b>12</b> Warralong Clinic Visit, Dietician visit	<b>13</b> Diabetes Educator	<b>14</b> PHaM's women's group, Kidney Health	<b>15</b>
	<b>17</b>	<b>18</b> Women's Health Day, PHaM's women's group, optometrist Visit	<b>19</b> Warralong Clinic Visit Optometrist Visit	<b>20</b> Diabetes Educator Kidney Health	<b>21</b> PHaM's women's group	<b>22</b> Paediatrician visit
	<b>24</b>	<b>25</b> Women's Health Day; PHaM's women's group	<b>26</b> Warralong Clinic Visit Dietician visit	<b>27</b> Diabetes Educator	<b>28</b> PHaM's women's group	<b>29</b>

## New Staff Introduction

### Chloe Ajisafe: Health Promotion Officer

Stated February 2019

Chloe recently moved back to the Pilbara, along with her family, after leaving Karratha nearly 20 years ago. Chloe is passionate about Health Education and promoting preventative health measures. She really enjoys preparing Health events and workshops. After living overseas for many years, Chloe is very happy and excited to be working with and for the community, naturally feeling like Port Hedland is home, sweet, home.

### Andrew Charlesworth: Pharmacist

Started November 2018

Andrew was very excited to join Wirraka Maya as the clinical pharmacist. His role is to visit patients in their home to actively discuss their medication management and possible health concerns they may have. Andrew works as part of the chronic disease management team to ensure each patient's health is the best it can be. Born in Perth, Andrew has loved working throughout rural Western Australia for the past 8 years and enjoys meeting new people and learning from them.



Left: Chloe Ajisafe, middle: Andrew Charlesworth, right: Amanda Osmond

### Amanda Osmond: Midwife

Started in February 2019

Amanda is originally from South Australia. She is part of the Maternal and Child Health Team. Amanda has been a midwife for 5 years and she is passionate about influencing the lives of her patients, following them through their pregnancy journey. She especially enjoys when her patients bring their baby for follow up care and immunizations.