

WIRRAKA MAYA NEWSLETTER



Welcome to Wirraka Maya October Newsletter.
Inside contains updates of WMHSAC current and upcoming events, Clinic movements i.e., specialist visits, NDIS and Social & Emotional Well-being programs

OCTOBER ISSUE 001

WMHSAC Clinic

- Maternal & Child Health Services
- Paediatrician Clinic
- Chronic Disease Program
- Diabetes WA Education Program

WMHSAC Social & Emotional Wellbeing

- National Disability Insurance scheme (NDIS)
- Transition to adulthood (TTA)
- Tackling Indigenous Smoking (TIS)
- Pilot Program

EVENTS & Hosted Programs

- Breast Cancer Awareness Month

UPCOMING events

GET TO KNOW section

- Two clinic staff



LEARN MORE

Hosted By: SEWB Event's Committee

BREAST CANCER AWARENESS

30 October 2023 / Vol 1

HIGHLIGHT FOR THE MONTH OF OCTOBER 2023

WMHSAC celebrated Breast Cancer Awareness every Thursday for the month of October to raise awareness to the community about the risks of "Breast Cancer" and how this cancer can be prevented via early detection which can be reduced by visiting your local GP or by having a regular examination with your usual doctor. There were a total of 70 clients, attended this event.

On the 5th of October 2023 (Thursday) - the events committee hosted the Breast Cancer Awareness Month (first week of October). It was such a fun-filled and exciting event which included morning tea surrounded with delicious food made for everyone. There were home cooked pies, cups of vegetable sticks, chicken curry, cupcakes, pavlova for desserts. There were arts and crafts available to entertain the visitors i.e., "get to know profile" where the clients could create their own profile to display at SEWB building and DIY face shrubs with organic ingredients. This event were attended by patients from the Clinic, Karlarra aged care facility clients, (EPIC) clients, and women's group.

Special thanks to the events committee team for putting 100% effort into this event i.e., from decorators, planner of the events and games, and chefs. The RTO room was beautifully decorated and a huge congratulations to the winners of the raffle prizes. It was such a beautiful morning indeed and seeing WMHSAC team work together to give our clients the best experience they have, was great. A big thank you to each one of you and again "congratulations" on the success of this event. You are what this community needed.



BREAST CANCER AWARENESS



Mrs. Helen Robertson won the WMHSAC Breast Cancer Awareness 1st prize - 12th Oct



Below pic (middle): 2nd raffle winner is Mrs Christine Black



PHOTOS OF THE LADIES : 12TH OCTOBER 2023



Fruit platters



Cup cakes



Vegetables stick



CONGRATULATIONS TO THE WINNERS
OF THE RAFFLE PRIZES...

THERE WAS A TOTAL OF 70 CLIENTS TURNED UP FOR
THE MONTH OF OCTOBER.



BREAST CANCER AWARENESS



CLINIC PROGRAMS



Maternal and Child Health Services

Maternal Health Clinic runs everyday (Monday to Friday) 9:00am- 4:00pm.

These are the services we offer:

- antenatal care
- postnatal care which includes (6 weeks baby checks)
- family planning
- contraceptive advice
- baby weight checks
- Wellbeing
- pathology and scans
- Blood pressure checks

For further inquiries please do not hesitate to call: **Tamara Jones** (Community Midwife) on **(08) 9172 0400**

Child Health Clinic runs everyday (Monday to Friday) 9:00am - 4:00pm, either walk in or booked appointment. For children aged 0-16 years. For more information on WHMSAC child health services, please call **Siobhan** (RN-Child Health) on **(08) 9172 0400**

- Next outreach clinic for Warralong will be on 21/11/2023
- Community ENT on 24/11/2023
- Next outreach clinic for Strelley will be on 05/12/2023

Paediatrician Clinic

The paediatrician clinic/s are run every second Friday of the month. From 9.00am to 12:00 pm, (PS: No walk ins for paed)s

Patients **MUST** have a referral from the General Practitioner (GP) prior to seeing the paediatrician.

For further inquiries about paed and bookings please contact: Siobhan (RN-Child Health) on (08) 9172 0400



CLINIC PROGRAMS



Chronic Disease Programs

Eligible patients can see Aboriginal Health Practitioner and Registered Nurses to help patients manage their health, educate and prevent chronic disease.

Patients are encourage to have their annual 715 full health checks and get care plans in place.

For more inquiries about Chronic Disease please do not hesitate to contact **Tanya Kelly** or **Gary Brahim** on **(08) 9172 0400**

Diabetes WA Education Program

Aboriginal health coordinator Natalie Jetta from Diabetes WA will be visiting WMHSAC clinic every Wednesdays starting from the 18th October onwards. She will be available to see clients from 9:00am to 3:00pm to do a brief intervention and education advice and is planning on running DESY (Diabetes Education Self- Management Yarning) PS: Referral forms to Diabetes WA must be filled prior to submission

For more details about the forms please feel free to contact her on **1300 001 880**

Natalie is also contactable via email: **natalie.jetta@diabeteswa.com.au**

Women's Health

Sexual and reproductive services, women's health check, removal & insertion of implanon. Referral is a MUST from the patient local GP prior.

For more details about women's business please contact our women health nurse **Annette** on **(08) 9172 0400**



CLINIC PROGRAMS



General Practitioner

The Clinic runs everyday (Monday to Friday) except public holidays. Please see operating hours below, either walk in the morning or booked appointment. Eligible ATSI patient/s must have valid Medicare number and Centrelink concession card. For more information about booking in our WMHSAC clinic services, please contact our main reception on **(08) 9172 0400**.

For after hours care, patient can attend Hedland Health Campus Emergency Department or contact them on **(08) 9174 1410**.

Day	Operating Hours	Lunch (Closed)	Operating hours
Monday	8:30am-12:30pm	12:30pm—1:30pm	1:30pm-5:00pm
Tuesday	8:30am-12:30pm	12:30pm—1:30pm	1:30pm-5:00pm
Wednesday	8:30am-12:30pm	12:30pm—1:30pm	1:30pm-5:00pm
Thursday	8:30am-12:30pm	12:30pm—1:30pm	CLOSED (meetings and staff training)
Friday	8:30am-12:30pm	12:30pm—1:30pm	1:30pm-5:00pm
Saturday	Closed	Closed	Closed
Sunday	Closed	Closed	Closed

Pilbara Pharmacy Services

For medication dispensary, preparation of webster back, and advise on administration of medication. If patient/s need to speak to the pharmacist this is the number to call Pilbara Pharmacy on **(08) 9172 4508**



Visiting Specialist

we're so happy you're here!



Optometrist (Byron)

Runs a clinic in Wirraka Maya facility every Tuesday, except the first week of the month. From 9:00am to 12:00pm

Podiatrist (Andrew) and ITC program

Will be visiting WMHSAC once a month.

Petina (Indigenous Health Project officer, ITC) will work alongside Andrew from December 2023 to June 2024.

Diabetic patients and patient with chronic condition might be eligible to get podiatry footwear.



where to start

Call our WMHSAC Chronic Disease Team **Gary Brahim & Tanya Kelly** on

(08) 9172 0400



Pilbara Integrated Team Care (ITC)

What is ITC?

Mawarnkarra Health Service delivers the Integrated Team Care (ITC) Program within the Pilbara region.

The ITC Program is a free service that helps Aboriginal and Torres Strait Islander people who have complicated chronic (long-term) health care needs.

A chronic health care need (condition or disease) can be any of the following:



Footwear drive

If you are enrolled in the ITC program, and book a visit with the "Jina doctor", then you are eligible for a new pair of shoes, chosen specifically for you. Ask the chronic disease team at Wirraka Maya for more details.

Who is Eligible?

To be eligible for ITC you will need to:

1. Be an Aboriginal or Torres Strait Islander person
2. Have a chronic condition that you find hard to manage
3. Have a chronic condition care plan from your doctor.

Care Coordination

The ITC care coordinator can help you with the following:

- Involve you in the decisions about your health care
- Arrange appointments on your behalf
- Provide transport to appointments
- Attend appointments with you
- Advocate to your doctor on your behalf
- Assist with financial support for medical aids and health appointments

Supplementary Services

Supplementary Services are available to assist with financial support towards:

- Approved Medical Aids (see below)
- Access to private specialist/allied health appointments
- Transport services to attend appointments in the Pilbara and Perth

Some of the medical aids able to be funded under the ITC Program, if requested in your care plan include:

- Assistive breathing equipment (asthma spacers; nebulisers; CPAP machines; accessories for CPAP machines)
- Blood sugar/glucose monitoring equipment
- Podiatrist fitted Footwear
- Mobility aids (e.g. walking frames, walking sticks, non-electric wheel chairs, toilet chairs, or shower chairs)
- Spectacles (conditions apply)

Dietitian | Physiotherapy | Audiology | Allied Health

Eligible patient/s MUST have current referral from the GP prior. To find out more about our upcoming specialist dates please contact the clinic coordinator Helen Edwards (08) 9172 0400



CLINIC PROGRAMS



Transport Assistance

Wirraka Maya Health Service Aboriginal Corporations (WMHSAC) ensures that we provide the best primary health care services to the community. To achieve this goal, WMHSAC provides a courtesy transportation design for elderly and chronic patients without a motor vehicle. In order for patient to attend their GP appointment without hassle.

The other services offered are:

Pick-up/Drop-off and
Medication Delivery

To learn more about the process on how to write transport slips 24 hours prior and usage of various coloured slips.

Please contact the medical clinical reception on
(08) 9172 0400





NDIS OBJECTIVES



To support as many community members as we can, to access the NDIS and for their journey through the stages as stress free as we can.

If community members are under 65 and feel as though they would like to test eligibility, they can give NDIS a call on the number below and we can direct them to the remote community connectors to support this journey. We can also provide support with accessing the community and completing tasks while they are working through the application process with their support team.

CONTACT US



CHEERFUL CONCEPT

If a community member is already on the NDIS and has not accessed their plan or does not know where to start then give us a call, one of our support coordinators can support this process and support with getting the NDIS plan active



WMHSAC (TIS)



- Advocacy is to support workplaces and home to be smoke free
- Deliver education sessions to primary schools and community groups
- Supports smoke-free community events
- Supports individual client through our quit smoking clinic
- Tum to Tots objective is to promote positive behaviour

TUM TO TOTS HOSTED PROGRAMS



These were TIS events this term designed for children 0-5 years

Flyers were distributed in the clinic and SEWB.

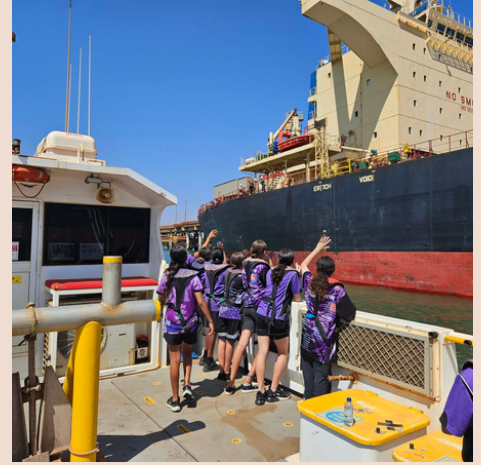
For further inquiries about TIS's current and upcoming programs please contact: **DENISE | NATALIE | JOYCE** on contact

the main SEWB telephone number on

☎ (08) 9172 0444



WMHSAC (TTA)



Transition to Adulthood (TTA) is a diversionary program which promotes healthy lifestyle and leadership through youth activities and workshops for girls and boys.

TTA PROGRAM

DEADLY SPORTS

Runs every Thursday from the 19th October to 7th DECEMBER 2023

TIDDA MAYA

Tidda maya is a girls group that TTA team work everyday Wednesday at South Hedland Primary School . This term TTA team will be working with Tidda Maya from 18th October 2023 to 6th December 2023 (excluding 25th Oct and 1st November due to school camp and training)

For further inquiries about the Transition to Adulthood programs please contact TTA Coordinator Trudi Strahan and associates Danella Mene| Colleta Turner **(08) 9172 0444**



WMHSAC (SEWB)



*Pilot
Program*

LAUNCHED 2023

To promote positive mental health in our communities

WHAT IS THE PROGRAM ABOUT ?

The program is based on the Aboriginal Community Controlled Health Services Model of Care, which recognises the eight determinants of wellbeing for Aboriginal and Torres Strait Islander People and their Communities:

Family | Culture | Spirituality | Language | Physical health | Country | Emotional health

HOW DOES THE PROGRAM WORK

Our team is based at Wirraka Maya in South Hedland, but we travel to Yandeyarra, Marble Bar/Goodabinya, and Warralong each month between March and November.

We provide yarning sessions in a culturally safe and sensitive way, where we listen to our mob's stories and experiences, and share information and advice on issues that impact their wellbeing.

We also organise activities in collaboration with community stakeholders to raise awareness and understanding of factors that contribute to feeling well in mind and body, and to help our mob find solutions to their problems and challenges.

We help our mob access the services and support they need to stay well, such as housing, employment, Centrelink, legal services, environmental health, rehabilitation, redress schemes, medical treatment, family connection and others through onward referral to the relevant agencies.

We also offer psychological interventions, counselling, and social activities to build community connectedness and foster a sense of belonging working with both children and adults.

These include community BBQs, games and swimming activities for school children, group lunch yarning sessions, and one to one counselling/yarning for adults and within schools.

Please contact Gerald | Charmaine | Rose | Yoshie for more information on **(08) 9172 0444**



