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WIRRAKA MAYA NEWS



HEALTH SERVICE
ABORIGINAL CORPORATION

CEO Catch Up

Happy New Year to you all and welcome to the February Edition of the Wirraka Maya Newsletter.



As we look back on the year gone by (2016), we can be very proud of all that we achieved.

We can now look forward to the new and challenging year ahead of us.

This year we will celebrate our twentieth year of service delivery. We plan to expand our

programs and clinical services, and work collaboratively with other external partners to improve health and social well-being outcomes for Aboriginal & Torres Strait Islander people in our community.

We are also working towards building a better future for our children through our maternal

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and child health, and Transition to Adulthood programs.

Wirraka Maya is committed to quality improvement and is always looking at better ways to improve and effectively achieve the desired outcomes.

Community Movie Night Raises Awareness for Disabilities

Over 200 people attended Hedland's Disability Awareness Movie Night on December 4 in Shay Cap Memorial Park.

It excellent evening for all who attended, being both free and inclusive.

Before the sunset screening of Gnomeo and Juliet people could have a go at wheelchair basketball, enjoy a sausage siz-

zle, fruit and water, have their face-painted, check out the agency stalls, and relax or play in the park. There was also great music being played, and a surprise fire truck appearance with a lolly scramble for the kids.

A couple of "Focus on Ability" short films were shown before the main feature to help set the scene of the night, as a Disability Awareness Week event. These included "Seeing Shai" and "Breaking Down Barriers".

The success of the event can be attributed to the combined effort of EPIC, Wirraka Maya Health Service, Lifestyle Solutions, Town of Port Hedland, the Disability Services Commis-



sion, Galaxy Promotions, and Hedland Community Living Association. We would also like to thank IBN, South Hedland Fire & Rescue Service, Onsite Rental Group and Cleanaway for their support.

The movie night will be held again next year, on December 3, coinciding with the International Day of People with a Disability.



Innovative approach tackling smoking in the Pilbara

A new research project starting soon in the Pilbara will take an innovative approach to tackling smoking among Aboriginal women.

Telethon Kids Institute researchers, Associate Professor Roz Walker, Dr Tracy Reibel and Dr Paula Wyndow, will be working in partnership with Rural Health West and local health staff from Wirraka Maya Health Service and Puntukurnu Aboriginal Medical Service to develop a women centred, trauma informed approach to quitting smoking.

The project, funded through the Australian Government's Tackling Indigenous Smoking program, will work with Aboriginal women living in Port Hedland, South Hedland and the communities of Warralong, Jigalong, Parnngurr, Punmu and Kunawarritji, to understand the role smoking plays in their lives. This knowledge will be used to refine and refocus existing quitting smoking programs.

"The aim is to develop a positive community approach to stopping smoking and provide a safe space for women to dis-



cuss issues that influence their smoking such as trauma, violence, stress, and social functioning," said Associate Professor Roz Walker.

"Whilst many women do reduce or stop smoking in pregnancy there is still a high proportion of women who continue to smoke during pregnancy or who resume smoking again once the bub is born."

"This highlights the need to address smoking cessation in a more holistic way that puts Aboriginal women at the centre of their own health care and supports them to make choices that are positive for their own health and wellbeing as well as the health of their unborn babies and families."

The project will build on the existing NHMRC Project: Making FASD History in the Pilbara, which is targeted towards supporting women before, during and after pregnancy to minimise alcohol and other substance use. The additional focus on smoking will strengthen and support the roles Community Care Workers have with their local community members and harness wider community engagement.

It is anticipated that learnings from this innovative approach may be relevant to other health promotion activity and program development in other Aboriginal and Torres Strait Islander communities.

The project will run through to June 2018.



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Rural Health West



Welcome to the team



Rob Sharland
HR Manager

I join the team after working for a number of years in Karratha. I am passionate about how the people of an organisation drive performance to better serve the community. My family and I are grateful for the opportunity to continue to work and live in the Pilbara. I look forward continuing the outstanding work that all the employees of WMHSAC do for the community.



Erica Thompson
TTA Project Officer

I joined Wirraka Maya to work with Jennifer Geary as a Transition to Adulthood (TTA) Project Officer. I've lived in Hedland all my life and don't plan on moving any time soon. I am pretty excited about my role as I'll be able to help the youth of our community strive in what they need to achieve in, to better themselves and their community.



Celia Harnas
Chronic Disease Coordinator

I have been a Registered Aboriginal Health Practitioner for 11 years. I was born in Katherine in the Northern Territory and recently moved here from Adelaide. In my new role I look forward to working hard to provide optimal healthcare outcomes for Aboriginal people within the Pilbara as well as ensuring they have better access to health care.



Debbie Cassidy
Aboriginal Health Practitioner

I am a Registered Aboriginal Health Practitioner and have worked in this area for 6 years. I was born and bred in Hedland. After working in Perth for 3yrs came back home to the Pilbara. I am involved in the Child & Maternal Health program and work alongside Midwives from Hedland Health Campus and AMS Doctors. I hold an Immunisation Certificate and hope to start offering immunisation services in the near future.



Eva Plachta
Accountant

I moved to Perth in 2012 from Tasmania/Sydney. I enjoy meeting new people, going out walking (10,000 steps/day if possible), cooking, reading and having a good time. I always try to have a smile on my face. I moved to Port Hedland on the 7th December 2016 to work at WMHSAC as the Accountant and will work to make a difference.



Dr Zulfikar Hudda
General Practitioner

I have practiced as a GP for 40 years, and 10 years in Hospital Emergency and Obstetrics. I was born in Uganda, East Africa and came to Australia 44 years ago as a refugee. Since then I have lived and worked in all states. I moved from Karratha to take up this role and have spent the majority of my employment history working with Indigenous people. I enjoy my work helping people.



Camden Edwards
TTA Trainee

I am excited to be one of Wirraka Maya's first trainees, working on completing Cert III in Community Services. Growing up in Halls Creek and Port Hedland as a child, I have an understanding of what the youth are facing. I hope that I can become a positive role model in our community; supporting and assisting our youth in learning about healthier lifestyle choices.



Monica Roe
TTA Trainee

I was born in Broome and moved to Hedland 12 years ago. I graduated from Hedland Senior High School in 2014. Being the first trainees is an honour and I am so grateful for the opportunity. I've always wanted to work in the community sector. I see kids in our community struggling every day and I want to encourage them to get the help they need, to better their life and future.

What's on in February?

Mon	Tue	Wed	Thu	Fri
		1 WMHSAC talk at Hedland Well Women's Centre Morning Tea	2 Tackling Indigenous Smoking (TIS) Quit Clinic 9am-12pm	3 Inspire Men (Men's Group)
6 Health Worker Training Week WA Sexual Health Week (6-12 Feb)	7 TIS Quit Clinic 9am-12pm Sexual Health Stall at Town Square	8 Skills Training (PHaMs clients and family)	9 TIS Quit Clinic 9am-12pm	10 Inspire Men (Men's Group)
13 Health Worker Training Week	14 TIS Quit Clinic 9am-12pm National Condom Day	15 Skills Training (PHaMs clients and family)	16 TIS Quit Clinic 9am-12pm	17 Inspire Men (Men's Group)
20	21 TIS Quit Clinic 9am-12pm	22 Skills Training (PHaMs clients and family)	23 TIS Quit Clinic 9am-12pm	24 Inspire Men (Men's Group) Teal Ribbon Day
27	28 TIS Quit Clinic 9am-12pm			

Did you know...February 4th is World Cancer Day

A truly global event, World Cancer Day unites the world's population in the fight against cancer. It aims to save millions of preventable deaths each year by raising awareness and education about the disease, pressing governments and individuals across the world to take action.

Contact Wirraka Maya any weekday during February for information and to book a free health check!



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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