



# Wirraka Maya Health Service Aboriginal Corporation

VOLUME 1. ISSUE 3

NOVEMBER 2016

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## CEO Catch Up

Hello Everyone and welcome to issue 3 of the WMHSAC Newsletter. My name is June Councillor, and I am the CEO of Wirraka Maya Health Service.

It is great to be back after a long break to recharge the batteries, and during this time, welcome my first grandchild into the world.

I want to thank Stephen Magwenzi and the management team for keeping the wheels turning during my absence. It is great to see that Wirraka Maya continued to excel in its operations and services to the community and clients.

We are proud to present to you through this newsletter and future issues, the amazing work our staff do across the clinic and wellbeing centre and in the RTO; training our students to become Aboriginal Health Workers and Practitioners.

Wirraka Maya continues to go from strength to strength through the hard work and dedication of our staff. We are blessed to have such a great bunch of people, with passion for Aboriginal Health and making a difference in client's and patient's lives. Special thanks to you all!



Wirraka Maya is an accredited service with AGPAL and RTO, working towards improving our systems to comply with national standards. In light of this, we are in the process of preparing for accreditation through Quality Innovation Performance Inc. (QIP), which we hope to achieve in 2016/17.

These are exciting times and we look forward to bigger and better things to come!

## Mental Health Week (8-15 October 2016)

**Act-Belong-Commit** with a focus on suicide prevention, 'together we can save lives', was the official theme for Mental Health Week 2016.

A range of events were run across Hedland throughout the week, beginning with an inter-agency morning tea at

Wirraka Maya on Monday the 10<sup>th</sup> of October.

The following day Bloodwood Tree Association held a round table discussion on how drugs and alcohol affect our mental health.

An information stall was set up at South Hedland



Square on the 12<sup>th</sup>.

A community BBQ sponsored by Silver Chain was held at Cemetery Beach on the 13<sup>th</sup>.

To end the week "Bran Nue Dae" was screened at Matt Dan Theatre on the 14<sup>th</sup>. This movie was sponsored by Helping Minds and Pilbara Mental Health & Drug Service.



# Tackling Indigenous Smoking

The Tackling Indigenous Smoking (TIS) program aims to improve the health of Aboriginal and Torres Strait Islander people by reducing tobacco use.

It has been delivered since 2010, but was revised and updated in

2015 to become more effective.

There is now a bigger focus on evidence based activities and evaluation.

Wirraka Maya Tobacco Action Team is currently running a Quit Clinic as part of the TIS program.

It is a free service open on Tuesday and Thursday mornings to help smokers quit for good.

Other TIS activities at Wirraka Maya include youth education at the SLAM basketball program, and revising our Smoke-free Workplace Policy.



**THINKING ABOUT QUITTING SMOKES OR  
CUTTING DOWN? OR WOULD YOU LIKE TO  
MAKE YOUR HOME SMOKE FREE?**  
TALK TO ONE OF OUR FRIENDLY STAFF AT OUR

## QUIT CLINIC

**EVERY TUESDAY & THURSDAY  
9AM TO 12NOON**

WIRRAKA MAYA HEALTH SERVICE  
17 HAMILTON ROAD, SOUTH HEDLAND WA 6722

We offer:

- Quitting tips
- FREE Quit Medications
- FREE Quit Kit
- Friendly advice and support



FOR MORE INFORMATION CONTACT:

Natalie, Tobacco Action Officer (08) 9172 0444



# What's been happening?

**Inspire Men** (FREE Men's Group - All Welcome - Fridays from 11am-2pm)

On Friday 7th October, the men learnt about the importance of good nutrition as a harm minimisation strategy. They cooked, ate together, and had a good yarn.



## Welcome to the team



**Natalie Newie**

**Tobacco Action Officer  
Social & Emotional Wellbeing Centre**

"I moved here 6 months ago with my husband and 2 kids from Moa Island in the Torres Strait, for a change and to try something new. It has been a challenge but we are settling in well. My interests include fishing, camping, cultural island dancing and singing, playing volleyball and spending time with family and friends. I look forward to my new role in the Tackling Indigenous Smoking program and giving back to the Hedland community."

**Yvette Councillor**

**Community Support Officer  
Social & Emotional Wellbeing Centre**

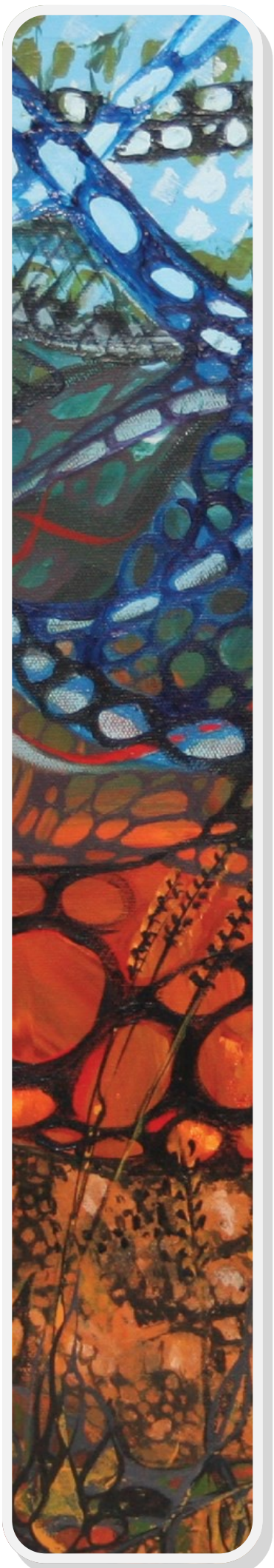
"I'm a people person and love listening to their stories. I have a great sense of humor hoping to have a laugh with others. I'm originally from Perth but have been here for over 40 years. My work background is in case management and employment services."



**Kiarah Cuthbert**

**Health Promotion Officer  
Social & Emotional Wellbeing Centre**

"I moved from Coffs Harbour, NSW to join Wirraka Maya at the start of October. I am passionate about Indigenous health, and very happy to be part of the team. I have a Bachelor of Public Health (Health Promotion & Nutrition) from Griffith University, and experience in health, education and community sectors. I enjoy keeping fit, the outdoors, socialising, animals, and being involved in my community."





# What's on in November?

Mon	Tue	Wed	Thu	Fri
	<b>1</b> Yarning Up (Women's Group) TIS Quit Clinic TTA Girls Photography	<b>2</b> Skills Training (PHaMs clients and family) TTA in Warralong	<b>3</b> TIS Quit Clinic TTA Boys Group SLAM	<b>4</b> Inspire Men (Men's Group) Healthy Kids Play Group - WA Health
<b>7</b> Transition To Adulthood (TTA) Leadership Group	<b>8</b> Women's Business Morning Tea/ Yarning Up/ TIS Quit Clinic/ TTA Girls Photography	<b>9</b> Skills Training (PHaMs clients and family) TTA in Strelley	<b>10</b> TIS Quit Clinic TTA Boys Group	<b>11</b> Inspire Men (Men's Group) Healthy Kids Play Group - WA Health
<b>14</b> Transition To Adulthood (TTA) Leadership Group National Diabetes Day	<b>15</b> Yarning Up (Women's Group) TIS Quit Clinic TTA Girls Photography	<b>16</b> Skills Training (PHaMs clients and family) TTA in Warralong	<b>17</b> TIS Quit Clinic TTA Boys Group SLAM	<b>18</b> Inspire Men (Men's Group) Healthy Kids Play Group - WA Health
<b>21</b> Transition To Adulthood (TTA) Leadership Group	<b>22</b> Yarning Up (Women's Group) TIS Quit Clinic TTA Girls Photography	<b>23</b> Skills Training (PHaMs clients and family) TTA in Strelley	<b>24</b> TIS Quit Clinic TTA Boys Group	<b>25</b> Inspire Men (Men's Group) Healthy Kids Play Group - WA Health
<b>28</b> Transition To Adulthood (TTA) Leadership Group	<b>29</b> Yarning Up (Women's Group) TIS Quit Clinic TTA Girls Photography	<b>30</b> Skills Training (PHaMs clients and family) TTA in Warralong		

## Women's Business Cancer Awareness Morning Tea — Nov 8

If you're a woman who has survived cancer, or know someone that has, you're invited to our **Women's Business Cancer Awareness Morning Tea**. It is a free event, held at **10am on Tuesday November 8**, during National Cervical Cancer Awareness Week.

The aim is to connect women affected by cancer, raise awareness, and encourage conversations about cervical health and women's health in general.



**HEALTH SERVICE**  
ABORIGINAL CORPORATION

## Wirraka Maya Health Service Aboriginal Corporation

Wirraka Maya is open:

Monday to Thursday 8:30am to 5:00pm

Friday 8:30am to 4:00pm

Closed weekends and public holidays

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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