On Thursday 8th October Nunkuwarrin Yundi of SA Inc. and Aboriginal Sobriety Group held their annual Open Day with approximately 250 community members in attendance.

It was a fun day with excellent entertainment provided by Kalaya Children’s Centre, CeeCee, Nathan May and the Mini Sapphires. There were lots of activities for people such as the smoothie bike, children’s space, Animals Anonymous, face painting, balloon animals, massages, sumo suits, information displays, art exhibition as well as the various activities provided by the Clinic.

A BIG thank you to all staff, community members and service providers who made the day a success. We look forward to seeing you at next year’s Open Day!

- Vicki Holmes, CEO
After an uncertain start to the year with a bit of a wait before receiving news of Link-Up SA’s continued service provisions at Nunkuwarrin Yunti, we were pleased to hear in March that our tender was successful. Provisions have been guaranteed for a further 3 years funding for services for the South Australian Stolen Generation community.

The Link-Up SA Team are pleased to welcome some new team members, including Bonny Gibson who joined the Link-Up SA Counselling team in December 2014, Jess Wilms who commenced with the Link-Up SA Caseworking Team in March 2015 and Karen George who joined the team in October as a Historian and Research specialist. Each new team member brings valuable and varied skills, experience and knowledge to our existing team.

With a full and expanded team Link-Up SA’s current focus this year has strongly been on completing client’s reunions and refining our program architecture. Link-Up SA Team members supported the National Apology to the Stolen Generations Committee in SA with preparations and coordination of a city based community event held in the Southern Parklands at Veale Park on Friday the 13th of February 2015 as well as attending other events commemorating the Apology held around the greater Adelaide region.

Link-Up SA Counsellor, Tanya Michelle and her team of practitioner supports implemented the successful delivery of the ‘Healing Arts Therapy Program’ in May 2015. Looking forward towards the remainder of this year and beyond Link-Up SA is dedicated to working collaboratively with the National Link-Up Network to support the Stolen Generations’ community in a holistic way by re-establishing the National Link-Up Memorandum Of Understanding and committing to regular national catch ups that aim to support the effective cross-state border coordination of Link-Up services.

The team are looking forward to rapping the year up with our client Christmas party which aims to bring clients together who have journeyed with the Link-Up SA program through 2015. This is an event that honours the experiences people have had this year with Link-Up and connects the Stolen Generation Community to say thank you.

Diabetes is a big problem in our communities. It affects our young people through to our Elders. Some Aboriginal people think diabetes is normal, but it doesn’t need to be. By getting a better understanding of the things that increase the chances of getting Type 2 diabetes and the problems it causes, it will help us find better ways of stopping the problem.

The Aboriginal Diabetes Study may help health workers and doctors understand how to help Aboriginal people and how to look after them better. For Aboriginal people in South Australia the benefits may include fewer eye, feet, kidney and heart problems from diabetes, or may delay these problems for longer.

To make a real difference for Aboriginal communities we need the help of a lot of Aboriginal people in South Australia! The Aboriginal Diabetes Study want to see 2000 people with diabetes and 2000 who do not have it. So even though you do not have diabetes we need you!

So, if you are Aboriginal, over 15 years old and in South Australia the Aboriginal Diabetes Study needs your help and together we can beat diabetes!

Nunkuwarrin Yunti is passionate about improving the health of our mob and are currently supporting Wardliparingga with the recruitment of our clients and community for this very important study.

To find out more or to register your interest please email wardliparingga@sahmri.com or visit http://aboriginaldiabetes.com/
Sponsorship News

We offered our first round of sponsorship this year in June. Sponsorships were available to Aboriginal and Torres Strait Islander individuals or groups who resided in South Australia and who required support to participate in healthy lifestyles and physical activities. A total of $5000 was available however requests could not exceed $1000.

During this round we were able to support 9 applications, 5 individuals and 4 groups. As you can see from the images below we were able to support young Aboriginal people in their strive to engage in sports and live healthy lifestyles. We hope to be able to offer this support again next year, so please look out for the next round.

Amekia Rigney  “I am writing to you to say a huge thank you for the money you gave me for my tennis equipment. This money has really helped me for this up-coming tennis season and the up-coming tournaments.

With this money I brought myself two pairs of tennis shoes (Nike) I then brought two new racquets (Wilson 98s). These racquets are the newest models, without this money I would not have been able to afford them so I really do appreciate it”

Tyrell Sinclair  “I would like to thank Nunkuwarrin Yundi so much for your sponsorship you gave me, which I have purchased new equipment with. I have just been selected in the final touring team to represent South Australia at the National Under 17 Cricket Championships in Brisbane from September 28 to October 8, and this new gear will really assist me to train and play my best. I was also recently selected in the Eastern Edge West End Premier League Squad for 2015/16.”

Tessa Lennon -  “I want to say a big Thank You! for the sponsorship I received from Nunkuwarrin Yundi. With the money I was able to pay for my Touch Football registration fees, buy a pair of cleats (which I badly needed especially in the wet weather) and also a bunch of active wear for training. This will all help me keep on track to reaching my fitness goals and continue playing touch which is helping both my fitness and wellbeing. Thanks a million!”
Check Out Our NEW website

On the 16th July we released our new website. We have aimed to build a more interactive website which encourages community engagement by the inclusion of a Community Notice board.

Through this section you are able to learn about upcoming events, see social media feeds and subscribe to our newsletters. External stakeholders and community members are able to submit to the:

- **Events Calendar** – Tell us if you have an event to go up on the events calendar. Simply go to Contact Us| Health Promotion Request and fill in the template with the required information.
- **Social Wall** – find out what's been happening in the world of social media, using our social wall function, provide hash tags for your social media strategy or event.
- **Funeral Notices** – If you are interested in including a Funeral Notice, please email nunku@nunku.org.au
- **Newsletters** – Register for a newsletter, with the opportunity to register for News, Employment Opportunities, Health Information, Aboriginal Community events, Research or all of the above.

Nunkuwarrin Yunti is also a Registered Training Organisation who are conscious to acknowledge, share in and celebrate local knowledge and cultural diversity among our student groups. You'll be able to learn about different training opportunities that are available for the Aboriginal community in regards to Social and Emotional Wellbeing by visiting our Training & Workforce Support section.

We hope you are pleased with the benefits that our new website offers, including the streamlined navigation, and a wide range of fresh information.

If you have any further queries, please contact nunku@nunku.org.au or call 08 8406 1600.

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**Coded Message Competition - Now Closed**

The competition was part of the “Don't let your dreams go up in smokes...” campaign that works with young Aboriginal people to tackle smoking and live healthy lifestyles. The competition closed 31st October 2015.

The coded message competition (sheet 1 & 2) was developed to engage young Aboriginal and Torres Strait Islander people between the ages of 8 – 14 to further promote and create awareness on the impacts of smoking in their lives and how it can affect their dreams. The coded message competition incorporates a smoking message to be solved by using a key of no smoking and dream symbols.

Congratulation to the three winners who each will receive one Beach House – Power House Vouchers valued at $39 (70 minutes of unlimited rides and games). Prize and ticket games excluded.


Sign up to our newsletter by going to our website at [www.nunku.org.au](http://www.nunku.org.au) and scrolling to the bottom.
People Development Unit

Nunkuwarrin Yundi’s People Development Unit is comprised of the Workforce Support Unit (WSU) and the Registered Training Organisation (RTO).

The WSU has had a full year running forums and network meetings as well as delivering training. The WSU have delivered four (4) Suicide Intervention Training Workshops around South Australia.

The WSU welcomes Aboriginal Alcohol and Drug Council (ADAC) workers as part of the workforce we support. ADAC’s new Drug and Alcohol Rehab Centre in Port Augusta has about seven (7) substance misuse workers who have begun to access our network meetings and training.

The WSU now provides professional support to workers in four (4) agencies in Port Augusta: Pika Wiya; Port Augusta Day centre; Sobering up Centre; and Alcohol and Drug Rehab Centre.

The next Caseworkers Network Meeting is planned for 16th and 17th March 2016. This meeting will cover areas including: case note legalities, case management overview and effective communication with clients.

Our RTO has been busy delivering training throughout the year. We run both short term and long term courses. Our short terms courses include: Ear and Hearing Skill Set, Narrative Approaches to Case Management workshop, Suicide Intervention and Child Safe Environment training.

Longer term courses include: Diploma of Narrative Approaches for Aboriginal People (Counselling, Group and Community Work), Certificate III in Community Services, Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health Care and Certificate IV in Stolen Generations Family Research and Case Management.

Applications are currently being taken for the Diploma of Narrative Approaches for Aboriginal People (Counselling, Group and Community Work) and close on 7th December 2015.

The next training for Child Safe Environment will be in March 2016.

This year we have welcomed two new workers to the People Development Unit:

- Jenny Lo - Administration Officer.
- Tina Glastonbury - Vocational Trainer and Assessor.

For any information on the Workforce Support Unit or any courses mentioned please contact the People Development Unit on 8168 8300 or email pduadmin@nunku.org.au.

Primary Health Care

Stop Press!! We are expanding our services for women’s, children’s and family health in 2016

We very excited to be able to significantly expand our maternal and child health services through the New Directions: Mothers and Babies program, funded by the Australian Government. New Directions funds will help us support community to have more access to:

- Antenatal and post natal care
- Practical advice and assistance with caring for babies and young children
- Monitoring healthy development, providing immunisations and helping to manage acute illnesses.

Services will be provided at Nunkuwarrin clinics and through home visiting and extended outreach to appropriate locations within the community.

NEW EMERGENCY/ TREATMENT ROOM

We are pleased to announce that our new Emergency/Treatment room is now in use. The room is set up so as to ensure direct access through the back entrance of the building for SA Ambulance. This has been met with positive feedback from the two crews that have attended since it’s use commencing. The room is also used for taking blood and has a purpose built venepuncture chair. Immunisations are also performed in this room.

Feedback from clients attending has also been positive, many have voiced how pleased they are with it. “There’s lots of space… Everything is in the one place… Competent workers… Good wheelchair access… Long walk but worth it, comfortable”.

Sign up to our newsletter by going to our website at www.nunku.org.au and scrolling to the bottom.
PRIMARY CARE HEALTH SERVICES

PRIMARY HEALTH CARE SERVICES are available through the clinics at Wakefield Street, Adelaide and Brady Street, Elizabeth Downs. Services include antenatal and postnatal care, children's, women's & men's health, immunisation and chronic disease management. Adult health checks are provided as well as referrals.

Regular visiting specialists include: Physiotherapist, Podiatrist, Paediatrician, Liver Specialist, Diabetes Educator, Psychiatrist, Psychologist, Endocrinologist, Renal Specialist and Ears, Nose and Throat Specialist.

Culturally appropriate care is facilitated through the Aboriginal Health Workers. A dentist is now available 4 days per week with a Children & Young Person’s Clinic for 2-17 years available on Tuesday afternoons.

Transport provides a friendly and effective service for those clients who need assistance with travel in the metropolitan area for clinic appointments and their first outpatient appointment. Bookings must be made 24 hours in advance.

SOCIAL & EMOTIONAL WELLBEING SERVICES

LINK UP SA provides a client centred family tracing, reunion and counselling service to Aboriginal and Torres Strait Islander people and their families who have been separated under the past policies and practices of the Australian Government.

TOWILLA PURRUTTIAPPENDI (HEALING OUR SPIRIT) provides a range of social and emotional wellbeing support services. This includes counselling, psychologists, social work, emergency relief, case work to support families and other social health case work, as well as facilitating healing activity groups.

Counselling – A free and confidential service that assists Aboriginal people and their families to deal with grief and loss, family violence, family and/or relationship matters and any issues which impact on social and emotional well being.

Psychology – A free and confidential service that assists Aboriginal people and their families to manage depression, anxiety & other emotional distress. This service also helps empower Aboriginal people managing a diagnosis and making choices in their treatment.

Emergency Relief - Assists people with immediate and acute financial needs, such as emergency accommodation, food and travel assistance. Emergency relief also provides a fast and supported referral to other social and emotional health services.

Royal Commission Services – Provides case work support for people engaging in the Royal Commission into Institutional Responses to Child Abuse, as well as support to family members and others affected by the Commission. This includes practical, hands on support as well as assistance in accessing other services and agencies.

Social Work and Social Health Case Work - Provides practical support for people managing life challenges around housing, child care, managing bills and other difficult things in their life. This includes providing hands on support for people engaged in counselling, to improve social health at a practical level as well as emotional health.

Are you aware of our range of services?

Sign up to our newsletter by going to our website at www.nunku.org.au and scrolling to the bottom.
COMMUNITY HEALTH PROMOTION & EDUCATION

HARM MINIMISATION - The team responds to people who inject drugs and provides interventions that seek to reduce the transmission of HIV/AIDS, Hepatitis C and other blood borne viruses and sexually transmitted infections.

The team promotes preventative and rehabilitative services that increase access to and successful treatment for opioid substitution and blood borne viruses. The team can provide information, education and support, clean needle program services and case management for people who live with or are at risk of blood borne viruses.

TACKLING SMOKING AND HEALTHY LIFESTYLES - The Tackling Smoking and Healthy Lifestyle team consist of Tobacco Action Workers & Healthy Lifestyle Workers who aim to encourage local Aboriginal and Torres Strait Islander people to quit smoking, improve their diets and engage in more physical activity.

Tackling Smoking – The Tackling Smoking team run Quit workshops for community members interested in quitting smoking. Workshops explore the harms of smoking, methods for dealing with smoking, craving and triggers, and discuss helpful hints for quitting.

Healthy Lifestyles - Group sessions on the benefits of healthy lifestyle choices that prevent chronic disease as well as promote and deliver activities that promote will encourage Aboriginal people to become more physically active and improve their diets. Inclusive of information sessions on how to include physical activity within your life, healthy eating and cooking education sessions.

PEOPLE DEVELOPMENT UNIT

SOCIAL AND EMOTIONAL WELL BEING (SEWB) WORKFORCE SUPPORT UNIT (WSU) provides education and professional development services to staff working in the areas of mental health and alcohol and other drugs, predominantly providing counselling and support services to Aboriginal clients across South Australia. Our primary goal is to support and assist in developing and sustaining a culturally appropriate and highly-skilled workforce.

REGISTERED TRAINING ORGANISATION delivers nationally accredited training at a Diploma, Cert III and Cert IV level, as well as short courses and skill sets to Aboriginal and Torres Strait Islander Social and Emotional Well Being Workers nationally.

Chronic Disease Management

The Chronic Disease Team consists of 2 Aboriginal Health Practitioners and a Registered Nurse.

Together with your GP we assist with the provision of a GP Management Plan as well as co-ordinate and assist with referral's to specialist clinics. We work as a team with your specialists and other service providers to ensure you get the best care.

The workers will discuss your health needs holistically and look to the future. We provide extended support to achieve better outcomes.

The workers assist with accessing resources available to help you best manage your health needs.

Please book or consult the Chronic Disease Nurse/ Aboriginal Health Practitioner by visiting our clinic or phoning 08 8406 1600.

Sign up to our newsletter by going to our website at www.nunku.org.au and scrolling to the bottom.
UPCOMING EVENTS

Family Fun Day Carnival
Wednesday 9th December 2015
10am- 3pm
Kaurna Plains Child Care Centre
83 Ridley Road, Elizabeth

Aboriginal Family Holiday Program
Tuesday 15th December 2015
10.30am
Golden Grove AMF Bowling
The Golden Way, Golden Grove
Phone Watto Purrunna on 8240 9611 to register.

Aboriginal Family Holiday Program
Thursday 17th December 2015
10am- 3pm
Modbury Waterworld
Cnr Jack High Lane & Golden Grove Rd
Phone Watto Purrunna on 8240 9611 to register.

Family Fun Day
Monday 21st December 2015
10am- 3pm
Aquadome Swimming Centre
1 Crockerton Road, Elizabeth
Book with Sarah Agius at Nunkuwarrin Yunti on 8406 1600.

UPCOMING TRAINING

10401NAT
Diploma of Narrative Approaches for Aboriginal People (Counselling Group and Community Work)
- Applications close: 7th Dec 2015
- Commencing: 1st Feb 2016

10506NAT
Certificate IV in Stolen Generations Family Research and Case Management
- Applications close: 21st Dec 2015
- Commencing: 22nd Feb 2016

Narrative Approaches to Case Management (2 days)
- Applications close: 1 week prior to delivery
- Commencing:
  27th & 28th January
  27th & 28th April
  16th & 17th June
  10th & 11th August

HLT40113
Certificate IV in Aboriginal and Torres Strait Islander
- Applications close: 24th May 2016
- Commencing: 4th July

CURRENT VACANCIES

Position Title: Maternal and Child Health Coordinator (Registered Nurse)

Position Title: Aboriginal Health Worker/Practitioner (Maternal & Child Health)

For more info go to: http://nunku.org.au/working-with-us/current-vacancies/

There will be more vacancies advertised before the end of the year so ‘watch this space’!

Nunkuwarrin Yunti Clinics

182-190 Wakefield Street, Adelaide
Tel: (08) 8406 1600
Centre Fax: (08) 8232 0949
Health Fax: (08) 8223 7658
Office Hours: Monday-Friday 9.00am-5.00pm

28-30 Brady St, Elizabeth Downs
Tel: 08) 8254 5300
Fax: (08) 8254 9182
Office Hours: Tuesday-Friday 9.00am-5.00pm

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