

December 2016

Newsletter

CEO Welcome



The holiday season gives us all a time to reflect on the past year. I am proud to have been a part of Nunkuwarrin Yunti's 45th year of delivering health and wellbeing services to our community. For this I have to thank Aunty Gladys Elphick and the group of powerful women who began this organisation many years ago.

I am grateful for the professionalism, dedication, support and quality of work performed by all Nunkuwarrin Yunti staff past and present in ensuring we provide best practice services.

A special thank you to our community who have continued to entrust us with their health care needs. We look forward to working alongside you in 2017.

I would like to extend my warmest wishes to you and your family for a safe, healthy and happy holiday season and a wonderful new year.

- Vicki Holmes, CEO

Aboriginal and Torres Strait Islander HIV Awareness Week 2016

This years Aboriginal and Torres Strait Islander HIV Awareness Week runs from 28th November - 2nd December 2016.

New national data has revealed that the rate of HIV notifications among Aboriginal and Torres Strait Islander people is now more than double the rate for the non-Indigenous Australian-born population. The rate of HIV among our people has been increasing each year for the last five years, while the HIV rate for non-Indigenous people who are born in Australia has been stable for the fourth year in a row.

Aboriginal and Torres Strait Islander HIV Awareness Week is an opportunity to educate ourselves and others on HIV and encourage testing and prevention within our communities.

If you would like to learn more about HIV or have a test visit one of our clinics.

Source: Associate Professor James Ward, South Australian Health and Medical Research Institute (SAHMRI).





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.

If you would like more information, or would like to register your interest please visit <https://aboriginaldiabetes.com/>

Nunkuwarrin Yunti Closure

Nunkuwarrin Yunti of SA Inc. will be **CLOSED** for 2 weeks from Tuesday 20th of December 2016 and re-opening on Wednesday 4th January 2017.

If you are in need of urgent medical attention phone 000 immediately.

Other emergency contact numbers are:

- Lifeline 13 11 14
- Crisis Care 13 16 11
- National Home Doctor 13 74 25
- Map Bus 0411 474 368



Facebook Competition

For your chance to WIN a \$50 Coles gift card simply tell us how you will support the community to become smoke free in 2017?

Visit www.facebook.com/tacklingtobacco



Presentation to Aboriginal Community Engagement Forum

Stephen Meredith, Psychologist with the Towilla Purruttiappendi team, gave a presentation to the Aboriginal Community Engagement Forum of the SA College of Forensic Psychologists at Tandanya on Friday 11 November.

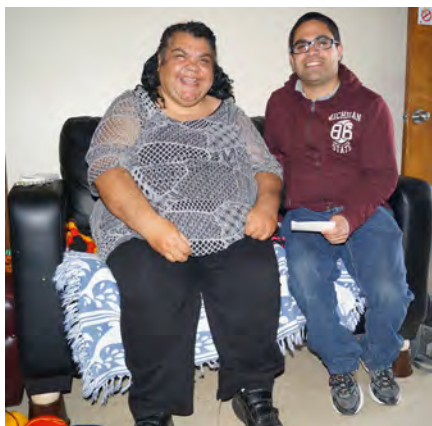
The presentation was about the development of Ngartunna Patpangga, an Aboriginal-specific service within CAMHS (Child and Adolescent Mental Health Services) in the Southern Metropolitan area of Adelaide, where Stephen was working from 2007-2016. The presentation was delivered in partnership with Helen Wyld, who worked with Stephen in the Ngartunna Patpangga program. The focus of the presentation was on the importance of consultation with the local Aboriginal community to provide advice on how to modify mainstream services so that they are culturally safe for Aboriginal people.

Claudette & Darren's Journey Home

Nunkuwarrin Yunti's Link-Up SA Program is funded by the Department of Prime Minister and Cabinet (Federal), and also receives reunion funding from the Department of Premier & Cabinet, Aboriginal Affairs & Reconciliation (State). We provide family tracing, reunion and counselling services to Aboriginal and Torres Strait Islander people and their families who have been separated under the past policies and practices of the Australian Government. Aboriginal families and communities in South Australia have been profoundly affected by removal policies and it is the purpose of the Link Up Program to provide a social justice response to support in the healing of the lifelong trauma that accompanies forced family separation. Along with the programs core functions other client healing initiatives include the Taingiwilta Mens Group, Healing Camps, The Reunion To Self and Healing Arts Programs, and workshops on traditional bush medicine.



One of Link Up SA's clients Claudette Bates approached us earlier this year for assistance in reunification with her brother Darren O'Connor. Darren grew up with foster parents in Broken Hill and Claudette grew up in Adelaide and while both knew of the other they had not had the opportunity to spend time together. Claudette was aware that Darren had been living in Port Lincoln so it didn't take long for Link Up SA to locate him. Darren was pleased to hear that Claudette wanted to connect and plans for a reunion were initiated.



The sibling's reunion journey began with Darren flying in to Adelaide from Port Lincoln to meet and spend the day with Claudette getting to know one another. The following morning we journeyed to Broken Hill and we were joined at the Airport by Sheryn from Disabilities SA who came along to ensure that Claudette was well looked after. On arriving in Broken Hill we were shown around by Darren who had spent his early life growing up there. In the morning we began the drive

out to Wilcannia for Claudette and Darren to meet family, walk on country and pay their respects at their father's gravesite. It was a beautiful day and we enjoyed a BBQ down by the river, talking with family and our new friends at Wilcannia River Radio, who played a dedication of Slim Dusty for Claudette and Darren and their father. Time travels quickly on reunion and before we knew it we were back in Adelaide hosting a morning tea for Claudette to introduce her family and some of our Nunkuwarrin Yunti staff to her brother Darren.

From the time Darren & Claudette reconnected there was a closeness and ease to their relationship that continued throughout the reunion and since in their weekly phone calls. Their individual personalities could be said to be opposites, Darren is quite shy and reserved and Claudette is outgoing and candid. But from the moment they met they were truly brother and sister. It was a privilege and a pleasure for Link Up to bring Claudette and Darren together and journey with them back to their father's country.

Tanya Michelle
Link Up Counsellor



Elaine's Rewriting her Story

**"If I can do it, you can!
Remember cigarettes do
not own you!" Margaret
Farrugia - Rewrite Your
Story Ambassador**

"Think of the benefits after you give up smoking and what you've missed out from by smoking"

Elaine Rigney, Ngarrindjeri woman is relieved to be smoke free for 18 months. Elaine had been smoking since she was 21 years old. Now 67 years of age, Elaine knew it was time to make change. Elaine's doctor encouraged her to quit



because she developed severe asthma through smoking. The prescribed medication for asthma was not working and Elaine found herself coughing constantly at night. After 12 months on the asthma medication Elaine symptoms were getting worse. It was at this point that Elaine decided to quit smoking. Elaine was hesitant about quitting. She had attempted to quit various times before. On this occasion, with the support of her GPs at Nunkuwarrin Yunti, she gave Champix a try. Elaine did experience side effects whilst using Champix, especially strange dreams, however the side effects were manageable. At first the cravings were constant, but Elaine overcame the cravings by distracting herself with other tasks such as making a cup of coffee or by taking deep breaths. Further, Elaine regularly yarned with others who had quit on Facebook. These interactions on Facebook were a huge support to Elaine and boosted her will power. 18 months later Elaine found that she doesn't even

think about having a cigarette. Since quitting smoking Elaine boasts "I've got no asthma, 2 days after giving up the smokes I didn't need the asthma puffers, I didn't cough or anything anymore".

Apart from health issues, Elaine had another reason to quit. "I hate seeing young girls walking around with a cigarette, and taking it up because it's cool. I thought it was shocking and smelly. Then I looked at myself, and I thought, I think it's time to start giving up smoking for real". Elaine believes she is a better role model now that she is smoke free. By giving up smoking she can better support family members who are trying to give up smoking. Since quitting Elaine finds the smell of cigarettes horrible. She wishes people smoked further away from the entrance of shops.

Before Elaine quit she didn't think about the amount she was spending on smokes. To her surprise, Elaine has noticed the significant amount of extra money she now has, approximately \$250 a fortnight. She finds it easier to budget her money and can buy extra treats for herself occasionally. A big advantage to having more money is that she can afford to fix up her van and go on frequent road trips to explore the coast.

The Nunkuwarrin Yunti Tackling Tobacco Team aim to encourage Aboriginal & Torres Strait Islander people living in the metropolitan Adelaide region to quit smoking. Need help to quit? Contact tacklingtobacco@nunku.org.au or phone 8406 1600

REWRITE YOUR STORY



Have you visited the Tackling Tobacco Team Facebook page recently?

The Facebook page contains current news from the Tackling Tobacco Team along with lots of community stories, photos, competitions and giveaways.

The Facebook page is an interactive space for the community, therefore we encourage everyone to follow and join in on supporting our community to be healthy and smoke free.

Margaret Farrugia, Noongar Elder and Rewrite Your Story Ambassador has contributed an encouraging message on the Facebook page. Visit www.facebook.com/tacklingtobacco to check it out.

2016 Tauondi College Open Day

The Nunkuwarrin Yunti Tackling Tobacco Team attended the Tauondi Open Day recently. Here's some of our favourite moments from the day.



Nunkuwarrin Yunti Quit Smoking Support Group

Sometimes quitting in a group is easier so Nunkuwarrin Yunti is supporting organisations to run quit groups from our team. Having support of colleagues can help provide motivation through sharing experiences and learning the best way for you to quit. Employees who are considering quitting smoking or who have recently given up the smokes are encouraged to join the support group. Sessions include information on nicotine replacement therapy, understanding what type of smoker you are, finding motivation, carbon monoxide testing and support from our expert team.

Please let us know if you or your organisation may be interested by emailing tacklingtobacco@nunku.org.au or phone 08 8406 1600.



Uncle Stevie Dodd's Final Wish

More than 150 people farewelled Aboriginal Korean War veteran and actor Stevie Dodd on 10/11/2014. Stevie Dodd was a true Indigenous pioneer. He was a victim of the "Stolen Generation", he served in the Australian Army, he played music and was a magnificent actor. Stevie Dodd performed in several major Australian movies, including Gallipoli and The Chant of Jimmie Blacksmith, in which he played Tabidgi, the murdering uncle of the lead character. In 2013, Dodd was honoured with the Jimmy Little Lifetime Achievement Award at the 19th Deadly Awards at the Sydney Opera House. He died in November 2014.



As part of Uncle Stevie's final wishes he wanted his ashes spread some at his old homes where he grew up, the old Colebrook homes at Quorn and Oodnadatta (which are now nonexistent). Stevie grew up in these homes as part of the Stolen Generation and his family were the other children with which he shared the homes with. Two years on from Stevie's passing his old war mates planned a journey to grant the digger his final wishes. Link-Up SA was recruited to be part of this journey and support the men and friends and family who attended this very intimate journey and the ceremonies that were held at each home.

Link Up SA Workers Brad and Cherie made the long journey along with Uncle Stevie's mates over four days travelling in a convoy of vehicles. The ceremony at Quorn was attended by around twenty five to thirty people, a military style ceremony which touched the hearts of all attendee's and a ceremony fitting to the legacy of Uncle Stevie, with Auntie Lowitja O'Donoghue having some very fitting words to say and memories of her time with Stevie to share. The last post was played and the ashes were spread around the former Colebrook Quorn home in the areas where the children used to play.



The next part of the journey was to travel to Oodnadatta and hold a ceremony in the community hall where community members and school children were in attendance along with family members. This was a longer service that again was performed with a military flavour and a DVD "For Love of Country" was viewed by all in attendance, featuring Uncle Stevie and other Aboriginal Soldiers who had represented their country in the armed forces. This was well received by all in attendance and a military ceremony was held following the DVD. After the ceremony a lunch was held at the school before Uncle Stevie's ashes were spread at the former Oodnadatta Colebrook site.



For Link-Up SA workers Brad and Cherie this was a chance to honour a decorated Stolen Generation member and form links with other agencies, remote community, Reconciliation SA and RAVSA, an organisation comprised of Aboriginal and non-Aboriginal veterans, with a brief to recognise and commemorate the service of Aboriginal veterans in the defence of our country.

Brad Hart
Link-Up Counsellor

New Services on the Horizon

Nunkuwarrin Yunti has received funding from the Adelaide Primary Health Network to provide a range of Mental Health services. We are currently operationalising the funding and expanded services are anticipated to come online over the upcoming months. This should see a significant expansion of services for the community throughout the greater metropolitan area of Adelaide

Harm Minimisation Team Update

The Harm Minimisation Team have been busy providing Clean Needle Program and outreach services in the parklands. Positive feedback and acknowledgement has been received from other organisations on their community engagement and work ethics.

The Harm Minimisation Team would like to introduce a couple of new faces.

Malcolm Aston has begun as our Community Project Worker Comorbidity.



Malcolm's role is to promote social inclusion and work towards building positive mental health with the Aboriginal community across metropolitan Adelaide. He will work with health promotion and community

development interventions that enable people to increase control over and improve their health. There will be a focus on key risk and protective factors associated with mental health and suicide prevention and the links to alcohol and other drugs.

We also welcome Linda Stuart, our student placement. Linda is completing her Diploma in Alcohol and Other Drugs and will be at Nunkuwarrin Yunti two days a week for six months.

While with us Linda will complete projects around mapping and sourcing resources and access to service. Linda will also be involved in outreach with our Clean Needle Program.

If you know of anyone wishing to minimise their drug and alcohol issues and at risk of blood borne viruses please contact the Harm Minimisation Team by **phoning 8406 1600** or **drop into our Wakefield Street site**.

News from Primary Care Services

The Primary Care Services review and subsequent restructure of services is falling into place with some new staff appointments since the last newsletter. New Registered Nurses in Chronic Conditions Management (Rachel Tait) and General Clinic (Catherine Zeevaarder) and Aboriginal Health Worker Cert 3, Natasha O'Donnell are already making excellent contributions to the smooth running of our service. Our new Clinical Administration Officer is Jessica O'Neill. Meanwhile, Lisa Duffield (Clinical Services Leader) and Michelle Kealy (Clinical Services Manager) are learning the ropes.

Under the auspices of the Adelaide Primary Health Network Mental Health Program we have two new Registered Nurses – Michael Howard (from QSR) and Pieter Herbold (General Clinic). These staff will take responsibility for providing support and assistance to clients with severe mental health conditions.

Mary Houlahan (Child health nurse), will be working at Nunkuwarrin Yunti coordinating the Healthy Ears - Better Hearing, Better Listening program. The funding of this Department of Health and Ageing initiative is managed by the Rural Doctor's Workforce Agency.

Over the next six months, there will be ENT and audiology clinics at Wakefield and Brady Streets for children with the aim of improving access to these services for our clients. You'll hear more from Mary in the New Year.

We wish our Middle Manager Ginny Healy a complete recovery and look forward to having her back at work soon.

UPCOMING EVENTS

2017 Aboriginal Spirit Colour Fun Run
Sunday 29th January 2017
9.30am- 2.30pm
Fremont Park, Elizabeth
Corner of Main North Road & Yorktown Road.

**Honouring the Stolen Generations:
9th Anniversary of the National Apology**
Monday 13th February 2017
10am- 2pm
Veale Gardens, South Terrace, Adelaide.
South of the Conservatory

UPCOMING TRAINING

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• **2017 training opportunities to be** •
• **announced in the next edition of the** •
• **Nunkuwarrin Yunti newsletter.** •
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CURRENT VACANCIES

Position Title: Senior General Practitioner

Position Title: Vocational trainers and Assessors x2

UPCOMING VACANCIES

Nunkuwarrin Yunti has been successful in gaining a number of new programs which will mean a number of vacancies will be being advertised in the next few months. If you are interested in working at Nunkuwarrin Yunti please visit the current vacancies section on the Nunkuwarrin Yunti website:
<http://nunku.org.au/working-with-us/current-vacancies/>

Nunkuwarrin Yunti Locations



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



80 South Terrace, Adelaide
(Education and Training purposes only)
Tel: (08) 8168 8300
Fax: (08) 8212 6777
Office Hours: Monday-Friday
9.00am-5.00pm