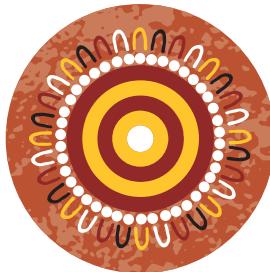


Quarterly 2, 2017



Newsletter

CEO Welcome

Greetings,

What a year it has been so far, and we are just getting into the good stuff. This newsletter indicates evidence of Nunkuwarrin Yunti's achievements throughout the past few months and demonstrates a number of examples of what can be achieved through a collaborative approach.

We would like to formally announce **Mr. Allan Jones** as Nunkuwarrin Yunti's new Chairperson. Allan has been a Board Member since 2014 and is the Managing Director of A.R.T Resources, with over 15 years' experience managing and coordinating Aboriginal Jobs and training projects.

We would also like to welcome **Ms. Debra Walker** to our Board. Debra has worked in Health for over 22 years and is currently working as an Aboriginal Community Education Officer.

Special Thanks to **Ms. Rosie Howson** who has provided ongoing commitment and dedication as a Chairperson for the past 4 years. Rosie will continue as a Board Member along with Ken Tilbrook, Donna Robb and Shane Mohor.

- Vicki Holmes, CEO



Right: Rosie Howson with Allan Jones

Power Cup was on again this year with over 400 students participating. The Power Cup brings schools from across SA to play football, whilst also fostering education, pathways to employment, and an opportunity to connect with their Aboriginal Culture, Community and Environment. Working with the Aboriginal Health Council of SA's, Puya Blaster Team we helped to gain over 800 pledges about not smoking, supporting others to quit, supporting smoke free pregnancy, and/or having a smoke-free car, home or workplace.

Power Cup 2017



Power Cup at Alberton Oval.



Paul Vandenberg, Director from Aboriginal Programs at Port Power supporting our message.

People making pledges received a shirt at the Port Power vs Hawthorn AFL match which featured the artwork of the Port Power Indigenous Round Guernsey designed by Nathan Krakauer. This year Power Cup fell on the same day as World No Tobacco Day so it was a great opportunity to share these great messages. Power Cup showcased the benefits of smoke-free life, through a variety of activities and is now in its 10th year.

Happy kids can hear better

Nunkuwarrin Yunti started a Healthy Ears program in November 2016. This Program is funded through the Commonwealth Government's 'The Healthy Ears – Better Hearing, Better Listening Program' managed by the Rural Doctors Workforce Agency.

Fitness Sessions

Over the last 10 weeks the Tackling Tobacco team have worked closely with Aboriginal Drug and Alcohol Council to coordinate the fitness and information sessions in Elizabeth. The program has run every Friday from 12pm to 3pm at the Aquadome and gives Aboriginal community and clients in the Northern area the opportunity to participate in gym, boxing and an aqua aerobics class.

This has also been a great way for our Tackling Tobacco staff to get to know our community and provide additional support to participants who are thinking about giving up the smokes. Exercise is a great engagement tool and providing a fun, active and healthy environment has been great for both our team and participants.

The Aquadome program is currently running every Friday from 12pm to 3pm. If you are interested in participating all you have to do is come along and register.

We also have a Walk and Talk group at Brady St Clinic on Tuesdays at 10:30am. Please let us know if you are interested.

Since then we have had 5 clinics where children were seen for Hearing Assessment and by Dr Alethea Grobler (Ear Nose and Throat specialist) if required.

We thought we'd share some of our news so far.

- There have held 3 clinics at Brady Street and 2 at Wakefield Street
- 52 children have had their hearing checked by Children's Audiology Service
- 28 children have been seen by Alethea – ENT Doctor

A significant achievement program so far has been to make it possible for 17 children to be fast tracked for surgery at the Women's & Children's Hospital. We have created a link with the WCH ENT surgery Co-ordinator so we can support the families to get the children to the hospital for their operation. The operations the children are needing include having Grommets placed in the child's ear drum, Tonsils and Adenoids removed and an operation called a Myringoplasty- having the ear drum repaired.

Many of the children requiring surgery have struggled with hearing loss which



Some clever 4 year olds showing how to prevent ear problems by blowing their nose.

interrupts their speech and language development. Having this surgery should improve their hearing which means they are better ready to learn and won't need the TV on so loud!!



As well as our Hearing and ENT appointments, through this program we have had Alison Spurr a Speech Therapist seeing children with speech and language delay as a result of their Ear Health problems.

Alison's role includes assessing communication skills, linking children and families with appropriate community agencies and giving language and speech stimulation ideas to families.

Volunteers Call Out

Nunkuwarrin Yunti of SA Inc would like to hear from community members who are interested in joining our volunteer program. We would like to engage with Stolen Generation members and their families as well as people from the community affected by forced removal, in the development of a volunteer network.

The volunteer network will come together to undertake training and identify activities in which they would like to participate and share knowledge. Volunteer opportunities may include participation at events such as Sorry Day and NAIDOC, and making visits to schools and tertiary institutions in partnership with workers at Nunkuwarrin Yunti.

Please contact Tanya Michelle – Team Manager, Link Up SA on **8406 1600** for more information.

WSU SEWB State-wide Forum in Ceduna

In the first week of May Nunkuwarrin Yunti's Workforce Support Unit (WSU) held a three day State-wide Forum in Ceduna for the South Australian Social & Emotional Wellbeing (SEWB) workforce.

Around twenty SEWB Workers from across the State attended travelling from Mt Gambier, Adelaide, Coober Pedy, the Yorke Peninsula, Port Lincoln, Yalata and Koonibba as well as some Ceduna locals. WSU Forums and Network meetings are held regularly in the different regions to offer support, training and linkages between SEWB workers and teams based in communities across SA.



Workforce Support Unit Project Officers, Toni Arundel, Bec Edser and Siti Rogoimuri with Belinda Wilson (second from right) at the entrance of the Ceduna-Koonibba Aboriginal Health Service.

This Forum provided an opportunity for us to reflect on the twenty years since the release of the Bringing them home Report. While the importance of SEWB workers was highlighted in the Report, their role does not always appear to be understood or recognised. Among other things, SEWB workers might be expected to play a role in relation to the implementation of the National Disability Insurance Scheme (NDIS) within Aboriginal communities.

The Forum was also used as an opportunity to provide training and support to participating SEWB workers in relation to dealing with aggressive behaviour and addressing vicarious trauma, compassion fatigue and burnout.

The WSU would like to thank The Ceduna-Koonibba Aboriginal Health Service for helping to make this event a successful one!

Tackling Tobacco Update

The Tackling Tobacco team have been busy supporting people to quit smoking, training, activities, and getting ready for upcoming events. Recently the team undertook training from smoking cessation expert, Associate Professor Renee Bittoin. We learnt about the most recent information on medications and how to support people to manage their smoking. There are a variety of ways that people quit and by staying up to date with information the team can provide expert tailored support. Perhaps, one of the biggest messages to come from the training is that we all respond differently to the different types of medications, so it is best to be informed and talk to us.



Renne Bittoin and Tackling Tobacco Workforce.

Taingiwilta Men's Group

The Taingiwilta men's group has been busy over the last half of the year. We have been doing lots of work on ourselves in our group work when we meet fortnightly. There is always some therapeutic work for the men to do which they enjoy and helps with self-growth and self-development. We have regular attendance by the men, and they have great input into the group and support each other exceptionally well through the process.

We had a visit to the Adelaide Museum looking at the Aboriginal cultural areas which was very informative for the group and we all took something away from that day. We also had a visit to Aboriginal Sobriety Groups's Fran's Farm and spent time with the men up there enjoying a collective lunch, which went so well that we revisited them at Mount Barker for BBQ lunch and a talking circle.

We hadn't been on a camp for some time so to end the year we spent four days at Camp Coorong, which saw us enjoying various outings along the Coorong with thanks to Uncle Darrell for the sharing of local knowledge. The men found the museum at Camp Coorong astounding and talking circles were held to explore topics the men wanted to talk about. The visit over to Raukkan was a real highlight for the men including seeing the church that is on the fifty dollar note.

Looking forward the Taingiwilta men's group looks strong and has many activities planned including a men's camp scheduled for June 2017. For more information please contact Brad Hart Link Up SA Counsellor on **8406 1600**.



Smoke-Free Environments

The Tackling Tobacco team recently supported the Evonne Goolagong Foundation with their Come and Try Tennis activities. The team promoted activities in a smoke-free environment and it is great to be able to promote a message from the former World Number 1 Tennis Champion. Evonne's message was to "Please be safe and don't smoke".



The Tackling Tobacco team with Evonne Goolagong Cawley.

Another World Champion, this time in the marathon Rob De Castella also recently stopped by the office and gave another great message about smoking. Rob's message to smokers is to quit smoking and think about of the next generation. If you would like to see the video check out our Tackling Tobacco – Nunkuwarrin Yunti Facebook page. Rob came along with Elsie and Adrian from the Indigenous Marathon Foundation (IMF)



Dean Hodgson, Lauren Hill, Elsie Seriat (IMF), Ruth Wallace, Rob De Castella (IMF), Luke McKenzie, Adrian Dodson-Shaw (IMF).

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Clinton Pryor

Clinton Pryor, from West Australia, is walking from Perth to Canberra to protest against the forced closures of 150 Indigenous communities. He travelled to Matagarup (the Noongar name for Herring Island), where protests camps have been set up in protest of the closures.

From there Mr Pryor walked across Western Australia, through the outback, and the Western Desert, stopping in at some of the communities he hopes to save along the way. He continued up to Uluru and then down to Adelaide. Nunkuwarrin Yunti's Harm Minimisation Team (HMT) were thrilled to be part of his march to Victoria Square, contributing a tent, sleeping bag, sweat towel and a HMT carry bag to help him on the rest of his journey.

Mr Pryor's final destination is Parliament House, where he hopes to lodge his protests, and discuss the future of Indigenous communities with Prime Minister Malcolm Turnbull.

Nunkuwarrin Yunti wish him well for the rest of his journey. You can find out more about Clinton's journey at clintonswalkforjustice.org



Welcome

This year Primary Care has welcomed some new faces in and around the Clinic.

Aboriginal Health Practitioner Oscar Abdullah has joined the team. Oscar is also an AFL football umpire and is leading Nunkuwarrin Yunti's footy tips competition.

On clinical placement from the Aboriginal Health Council of SA is Robert Dann. Robert is a Aboriginal Health Worker with Certificate IV Primary Health Care. His usual position is Workforce Development Officer in Aboriginal Health Council of SA's Registered Training Organisation.

Since February, GP Registrars Dr Katie, Dr Edmund and Dr Ben have undertaken a six month placement at Nunkuwarrin Yunti. They have worked at Wakefield St and Brady St, as well as in rural and remote South Australian communities. Dr Katie will continue at Nunkuwarrin Yunti until early January 2018, however we will say goodbye and thank you to Dr Edmund and Dr Ben, and welcome to two new Registrars from 7th August.

Primary Care Services: Community Health Promotion

Primary Care staff have participated in some community engagement activities over the last few months. Here is a summary of some of the events:

Harm Minimisation Team's BBQ in the Parklands

Aboriginal Health Worker Maureen Crothers and Aboriginal Health Practitioner Oscar Abdulla attended the Harm Minimisation Team's BBQ in the Parklands on Thursday 25th May.

Maureen reflected, "It was a gorgeous day and an amazing event enjoyed by all." Oscar and I met with a lot of people from different communities. Some were already known and some people we hadn't seen for quite some time.

Maureen said, "During my time at the park I sat on the grass with some of the ladies from many different communities where we all yarning about who we were and what community we come from. Some of the ladies had not heard of our clinic so it gave me an opportunity to talk about our roles, what we do and what Nunkuwarrin Yunti has to offer..."

Hutt St Centre Open Day

Mental Health Clinical Care Coordinators, Pieter and Michael as well as staff from other Nunkuwarrin Yunti programs attended the Hutt St Centre Open Day on Tuesday the 23rd of May.

Pieter and Michael met with the Hutt St Centre RDNS staff who explained what services are available to the community. Services include appointments with allied health providers and GPs. Breakfasts and lunches are provided, as well as clothes washing facilities, space to leave personal belongings, and showering facilities for those who access the Centre. There is a room with computers and support to use the computers available for clients. A lounge area with TV and DVDs, magazines and books is also available. The Hutt St Centre also provides a directory of available private rental accommodation.

In addition to engaging with the RDNS staff, Michael and Pieter spoke with a number of clients of the centre's services, and met with the Life Without Barriers representative.

Pieter said, "We were also given a tour of the buildings and observed the service areas. A number of the people we spoke with are also clients of Nunkuwarrin Yunti. This centre is a busy place where homeless people, and those wanting to engage for social reasons can gather, socialise and access multiple services. Meeting clients, staff and volunteers, as well as information about the services provided out of this centre was a highlight."

Aboriginal Golf Club of South Australia 2017 Golf Championship

On Friday 7th April Oscar Abdulla and Mental Health Clinical Care Coordinator Pieter Herbold attended the Aboriginal Golf Club of South Australia 2017 Golf Championship at the North Adelaide Golf Course.

Nunkuwarrin Yunti provided 'Mini Health Checks' which involved checking blood pressures and blood sugar levels as well as providing general health promotion to attendees.

This event provided a good opportunity for our Nunkuwarrin Yunti staff to connect with members of the community outside of the clinic setting.

What's happening in the Clinic?

Annual Sexual Health Screening

Every May and June across South Australia's Aboriginal Community Controlled Health Services there is an annual focus on screening for sexually transmitted infections and Blood Borne Viruses. The screening process is very simple and is especially for young people aged 16 to 35 years. Our Primary Care staff (Aboriginal Health Worker trainees, Workers and Practitioners, as well as our Registered Nurses and GPs) can assist community and clients with information about the various screening tests, what the results mean, and if any treatment is required.

So far, almost 50 clients have taken up the invitation from our staff to participate. This is a great achievement for our community, because the consequences of not treating these infections properly, can be devastating. Do yourself a favour in 2017 and ask to do a 'self-screen' or ask for assistance with screening for these infections. Let's all work together for a healthy community.

New Manager

In May, Michelle Kealy, Primary Care Services' Clinical Services Manager, was appointed Manager. Michelle joined Nunkuwarrin Yunti in September 2016. Primary Care wishes Ginny Healy every success as she leads the establishment of a new program at Nunkuwarrin Yunti – Women, Children and Family Health.

Farewell to one of our GP's.

Earlier this year, Dr Vicky Han, Brady St GP resigned. Dr Vicky has worked here for many years and is missed by clients, staff and the whole Nunkuwarrin Yunti community. We wish her well and thank her for the much valued service she gave.

Women's Wellness Day

Nunkuwarrin Yunti is working with Sarah Agius, Well Women's Screening Educator (SA Health), to hold a Women's Wellness Day at Brady St. Sarah is helping Brady St with a community education workshop. If you are interested to attend, or learn more about the day, ask Simone, Tanya or Shaun at Brady St for more information. Also, keep an eye out for the date of this special women's health day.

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

Smoke-Free Workplaces

Smoke-free workplaces, support non-smokers rights to avoid passive smoking and smokers looking to quit. If your organisation would like some support with our newly designed smoke-free signage or support with a smoke-free policy please let us know and email tacklingtobacco@nunku.org.au. The stickers come in different sizes, are weather proof and promote a great message. We are excited to be supporting Tauondi Aboriginal College to become a smoke-free site from July.



Family History workshops at Link-Up SA

In 2016, not long after the appointment of a new Historian Researcher, Link-Up SA ran its first Family History workshop. The concept behind the workshop was to provide an avenue for clients on the waiting list to commence some of their own research if they were interested to do so while they awaited allocation to a caseworker. The first workshop attracted just one participant who was very fortunate to be able to have a 2 hour personalised workshop!

A year and a half later however, Link-Up Family History workshops now regularly attract around 10-12 participants. Some people have attended multiple workshops and have travelled from country areas to do so. Inquiries have also come from other services asking whether workshops can be held for staff and local community members. Catering for people outside of the city and in regional areas is in discussion.

Family History workshops are designed to be valuable for anyone interested in researching their own family with a focus on locating records relating to Aboriginal family history. No prior research skills are necessary. The workshops are run by the Link-Up Historian who first introduces participants to the practice of research and offers tips about how and where to start and what things to be aware of. For example documents written in the past often use highly offensive and derogatory language which is not acceptable today so people need to be aware that they may come across this type of material. Sometimes a lot of research brings no results so the process can be time consuming and frustrating. At other times, information can be found in the most unlikely of places.

During the workshop participants are introduced to a large number of on-line sites which can be used to search for vital records, sites for cemetery and burial place searching, as well as websites which can assist with locating records related to children's homes. The record holdings of State, Territory and National Libraries and Archives are discussed as well as the records held by Church Archives, the South Australian Museum and by the Australian Institute of Aboriginal and Torres Strait Islander Studies [AIATSIS] in Canberra.

Workshops are currently being run bi-monthly alternating between a morning and an afternoon session.

One hoped for outcome for the workshops is to draw together participants to create a family history research group who can meet regularly and support each other in their research.

If you are interested in learning more or to book in for the next scheduled workshop on Tuesday 8th August 2017 please give Link-Up SA a call on **8406 1600**.

Link-Up SA Family History Workshops 2017



Where?
Nunkuwarrin Yunti of SA Inc.
182-190 Wakefield St, Adelaide

When?
Tuesday 8 August – 10 am to 1 pm (with a morning tea break)

How to get involved?
Please call Karen on 8406 1695 to book in or if you have any questions

Link-Up SA family history workshops are designed to help wait-listed clients of Link-Up SA and other interested people to begin researching their family history. At these sessions you will learn about the resources held in libraries and archives, how to find and use them. You will learn some online searching skills and become familiar with useful family history websites. We will also look at the process of applying for records held by government and non-government agencies. The content of workshops can be adapted to respond to the needs and interests of the participants. Previous participants are welcome to attend again.

No prior knowledge of research is necessary.

Harm Minimisation Team

The Harm Minimisation Team welcomes Leanne Stuart into the role as Case Manager, Joel Stewart as the Senior Care Coordinator and Rose Reynolds as the Comorbidity Project Officer.

Please make them feel welcome and we look forward to them seeing you out and about.



Harm Minimisation Team BBQ in the Parklands

The Harm Minimisation Team hosted a BBQ in the Parklands' on Thursday 25th May. The sun shone as we ate and sat down to share the work that we do.

A picture tells a thousand words ...



Thank you to all who came to our BBQ. If you or anyone you know would like support to reduce the impact that drug and alcohol use is having on their lives please give the Harm Minimisation Team a call on **08 84061600**.

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

UPCOMING EVENTS**NAIDOC Week Celebration Event (SA Ambulance)**

Wednesday 5th July

2pm- 4pm

Noarlunga Ambulance Station

27 Alexander Kelly Drive, Noarlunga Centre

NAIDOC Week 2017- Celebrating the living Language in History, Stories, Music & Song.

Thursday 6th July 2017

10.30am

Henderson Square, Pooraka Farm Community Centre

Indigenous Sensory Garden Opening

Thursday 6th July 2017

12noon

Park Terrace Garden, Park Terrace, Bowden.

NAIDOC March and Family Fun Day

Thursday 6th July 2017

10am- 2pm

Meet at: Market Grounds, Beach Road.

March to: Rotary Park, Beach Road.

NAIDOC March and Family Fun Day

Friday 7th July 2017

10.30am: Gather: at Tarntanyangga (Victoria Square). March.proceeds down King William Street to Parliament House.11.00am- 3.30pm: Family Fun Day at Tarntanyangga (Victoria Square)**UPCOMING TRAINING****Aboriginal and Torres Strait Islander Suicide Intervention: (2 day accredited workshop)**

These dates are locked in, however is dependent upon the amount of interest. Unit CHCCS003 – Increase the safety of individuals at risk of suicide. (OPEN TO BOTH ABORIGINAL AND NON-ABORIGINAL)

- 10th and 11th July
- 2nd and 3rd August
- 4th and 15th November

Loss, Grief and Trauma: (3 day accredited workshop)

This is a completely new workshop. Unit of competency HTLAW051 – Respond to loss, grief and trauma. (OPEN TO ABORIGINAL PEOPLE ONLY)

- 25th – 27th July
- 11th – 13th September
- 11th – 13th October
- 12th – 14th December

Domestic and Family Violence: (2 day accredited workshop)

This is a completely new workshop. Unit of competency CHCDFV406C – Provide domestic and family violence support in ATSI Communities. (OPEN TO BOTH ABORIGINAL AND NON-ABORIGINAL).

- July 31st and 1st August
- 17th and 18th October
- 29th and 30th November

CURRENT VACANCIES

Position Title: Tobacco Care Coordinator
Closes 14th July 2017

Position Title: Counsellor/Narrative Therapist - 2 positions
Closes 17 July 2017

Position Title: Community Midwife
Closes 24th July 2017

Position Title: Child Health Nurse
Closes 24th July 2017

For more info go to: <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

**94 Grand Junction Road, Kilburn
(Tackling Tobacco via appointment)**

Tel: (08) 8406 1600
Fax: (08) 8169 7210
Office Hours: Monday-Friday
9.00am-5.00pm