

June 2016

# Newsletter

## National Reconciliation Week 2016

### CEO Welcome



The Board, Management and Staff of Nunkuwarrin Yunti join me in extending our deepest sympathies to the families and friends of the many loved ones that have been taken from us in our community.

No words can describe the sheer devastation and loss that our community have gone through. We can only hope and pray that we will get through all the heartache and pain in our lives.

Our caring thoughts and prayers are with you all during this difficult time. If we can help provide you with comfort, peace and strength today and the days ahead please contact our Social & Emotional Wellbeing team. They can support you to build the skills and knowledge to regain a healthy spirit, healthy body and healthy mind.

Most sincerely,  
*Vicki Holmes, CEO.*

Reconciliation Week ran from 27th May to 3rd June. This is a time to promote the importance of respectful relationships between Aboriginal and Torres Strait Islanders and the rest of Australia.

There were many fun things happening this year to celebrate Reconciliation Week and Nunkuwarrin Yunti was fortunate enough to be involved in 7 of them. Here are some photo's of what we got up to.



## Organisational Accreditation: 2nd Cycle

In August 2013, Nunkuwarrin Yunti was accredited by Quality Innovation Performance under the Quality Improvement Council Health and Community Services Standards 6th edition. We were accredited for 3 years. We are now preparing for the next accreditation round which is planned for July 2016.

The accreditation assessors will be at Wakefield Street on Tuesday 26th to Thursday 28th July. As part of the process the assessors will speak to clients to understand how you find the service and what we could be doing better.

The standards are very thorough with an emphasis on establishing continuous improvement processes ensuring we provide quality services for our clients and the community. The benefits of accreditation are simple, improved systems and processes in Nunkuwarrin Yunti leads to quality one on one and coordinated care for clients. We strive to provide quality services to our clients and the community.

## Sponsorship Opportunity

Sponsorship opportunities are available for Aboriginal and Torres Strait Islander Individual or Groups who reside in Metropolitan Adelaide.

**Applications are required by 5:00pm Monday 27th June 2016.**

One of Nunkuwarrin Yunti of SA Inc.'s core purposes is to promote and advance the social, artistic, cultural, economic, physical and mental wellbeing of the Aboriginal and Torres Strait Islander community in the greater metropolitan area of Adelaide. We will support a broad range of projects/activities aligned to improving participation in healthy smoke free lifestyles. Examples areas include: health, sports and recreation.

Applications are encouraged from the categories of individuals, community groups and sporting groups as well as those who are located within the greater metropolitan Adelaide region and where sponsorship will have direct involvement and benefit for Aboriginal and Torres Strait Islander individuals, family and community who reside in this area.

Sponsorship will only be provided to requests that support the purchase of goods and/or services to the activities proposed and that demonstrate a need for this support. Nunkuwarrin Yunti has limited funds and will aim to fund as many suitable applications as possible.

**Sponsorship requests of up to \$1000 will be considered, requests will need to breakdown the costs of good requested.**

Essential selection criteria:

- Aboriginal and/or Torres Strait Islander
- Permanent residents of Adelaide and the greater metropolitan area

Nunkuwarrin Yunti will not sponsor:

- Activities that are in conflict with the core values of the organisation
- Activities which do not directly involve the Aboriginal and Torres Strait Islander community
- Retrospective sponsorship – expenses incurred prior to the application being submitted
- Salaries or recurrent operational costs

When completing the application form please ensure that you state exactly what you need inclusive of amount requested in the application form attached.

Applications must be completed in full and before the closing date. Late applications will not be accepted.

Download the application form [here](#).

Applications and enquires to:

Eva Pratt, Manager  
Community Health Promotion and Education  
Telephone: (08) 8406 1600  
Email: [\*\*evap@nunku.org.au\*\*](mailto:evap@nunku.org.au)  
or sent to:  
182-190 Wakefield St, Adelaide SA 5000  
or  
PO BOX 7202 Hutt St, Adelaide 5000.

## People Development Unit

Judy's Diploma of Narrative Approaches students are all progressing well in the course. The guidance and support Judy provides these students ensures positive outcomes for all of the participants.

The Narrative Approaches to Case Management training throughout the year is very popular with the remaining workshops for the year already booked out. If we get enough interest for another workshop we will schedule another date before the end of the year.

Applications are now open for the 2016 intake for CHC40113 Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health Care. This course is structured in response to feedback we received from the workforce to meet the needs of those people out there doing the frontline social and emotional well being work in the communities. Places fill quickly so if you are in the workforce and are interested in applying get in contact with us – Tina would love to hear from you!

Participants in the 10506NAT Certificate IV in Stolen Generations Family Research and Case Management have now completed 2 of the 3 Pillars and the feedback has been great! This training has a focus on Link Up Services, but is appropriate for anyone who works with people from the Stolen Generations. The 3rd and last Pillar commences on 6th June and once completed we will provide feedback to AIATSIS about how well it went and what improvements can be made for next time.



2016 Pilot group for the Cert IV in Stolen Generations Family Research and Case Management.

CHC32015 Certificate III in Community Services is now being delivered here in Adelaide by Tina and in Port Augusta by Jane Nelson. Jane is also heading out to communities to deliver the Aboriginal and Torres Strait Islander Mental Health First Aid training.

Planning is well underway for this year's Celebration of Learning which will be held on 5th August at Wakefield Street. This will commence at 12noon. If you are interested in attending please contact us on the details below.

Jenny keeps the whole unit working smoothly by keeping everyone informed of what's coming up and what needs to be done. Organising travel and accommodation arrangements for traveling students through Abstudy is still taking up most of her time, as well as ensuring our reporting is completed on time, and all the other daily work she takes care of including:

- booking training rooms
- facilitating and collating evaluations for each course
- arranging parchments
- catering
- enrolments
- responding to training enquiries and other general administrative aspects.

This week we will have Jynaya Martin joining us in the role as admin support until the end of June. Jynaya will help Jenny to complete the many tasks required by the RTO and the WSU. We welcome her to the team and hope that she enjoys her time with us.

For information about any of the training mentioned here or if you would like to chat about other opportunities please contact the PDU on 8168 8300 or email [pduadmin@nunku.org.au](mailto:pduadmin@nunku.org.au) and Jenny will direct you to the right person.





Nunkuwarrin Yunti is one of 10 health services around Australia involved in recruiting participants for The Validation Study. This study looks to test a set of questions developed by, and for, Aboriginal and Torres Strait Islander people.

The questions aim to show if someone has depression or not. People with and without depression are eligible to participate. If the questions work, we will use them in the future to work with the Aboriginal Community to improve mental health care.

### Want to be involved?

Being involved means doing two interviews, with Nunkuwarrin Yunti staff which are approximately 20 minutes in length each. Usually these interviews are done on the same day, with different staff asking the questions in each interview. So we would need a minimum of 40 minutes of your time on that day.

Currently we are undertaking the interviews on Tuesdays and Wednesdays only. So if you see a GP on either of those days you may be asked if you would like to be involved. We plan to finish recruiting participants when we reach a total of 50 or by the end of August 2016.

Participants who complete both interviews will receive a voucher for their time.

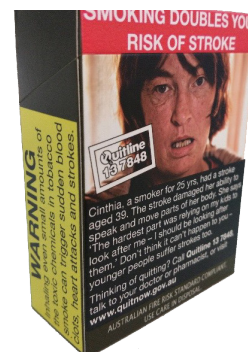
The Getting it right study is an initiative of The George Institute for Global Health and the Kanyini Vascular Collaboration.

To find out more please contact Belinda Hammond at Nunkuwarrin Yunti on (08) 8406 1600.

## World No Tobacco Day- May 31st 2016

This year's World No Tobacco Day theme was "get ready for plain packaging". According to the World Health Organisation plain packaging decreases the attractiveness of tobacco products and limits the use of tobacco packaging being used as a form of advertising. Plain packaging also places emphasis on the health warnings on tobacco products.

Australia is leading the way with this initiative, passing the legislation in 2012 to introduce plain packaging on tobacco products. When the initiative was first introduced calls to the Quitline increased, showing that the initiative has had an impact on people that smoke<sup>1</sup>.



On May 31st 2016 Nunkuwarrin Yunti celebrated World No Tobacco Day by running promotions in the Wakefield Street Clinic, Brady St Clinics and the Community events. Check out our Facebook page [www.facebook.com/rewriteurstory](http://www.facebook.com/rewriteurstory) to see photos from the day. The Facebook page also features a Koori Mail article featuring Maxine Risk-Sumner. Maxine's quit smoking story is inspirational so please have a look.

<sup>1</sup> Young, Stacey, Dobbins, Dunlop, Dessaix and Currow. Association between tobacco plain packaging and Quitline calls: a population-based, interrupted time-series analysis. *Med J Aust* 2014; 200 (1): 29-32.

## Nunkuwarrin Yunti Quit Smoking Support Group

The Tackling Smoking Team have commenced a Quit Smoking Group for Nunkuwarrin Yunti staff. The group is sharing experiences and learning more about nicotine replacement therapy, what's in a cigarette, finding motivation, and carbon monoxide testing. Supporting each other to quit, is a great idea and we look forward to sharing stories and helping people on their quit smoking journey.



Please let us know if you or your organisation may be interested by emailing [Tacklingsmoking@nunku.org.au](mailto:Tacklingsmoking@nunku.org.au) or phone 08 8406 1600.

## 2016 Aboriginal Power Cup

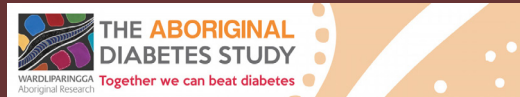
The Aboriginal Power Cup celebrated its ninth year on the 19th May 2016. It is a great opportunity for schools, students, and organisations to get together and share information.



The Nunkuwarrin Tackling Smoking Team attended in great force to promote not smoking and keeping healthy. Approximately 500 secondary school students across 40 metropolitan and regional South Australian schools participated in this year's event. Our team was inspired by the enthusiasm and interest amongst the students to stay smoke free and create smoke free environments. To support our campaign students were excited to follow the [@notupinsmokes](https://www.instagram.com/notupinsmokes) Instagram site for a chance to win a Port Power Guernsey signed by the Port Power Indigenous players.



For more information about the 2016 Aboriginal Power cup visit [www.aboriginalpowercup.com.au/](http://www.aboriginalpowercup.com.au/)



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/>

## UPCOMING EVENTS

### POP UP Foodbank

Friday 24th June 2016  
The Parks Recreation Centre  
46 Cowan Street, Angle Park  
\*Don't forget to present the flyer at admission. Flyers can be found [here](#).

### 2016 NAIDOC SA Family Fun Day

Friday 8th July 2016  
11am- 4.30pm  
Victoria Park, Adelaide

### NAIDOC Ball

Saturday 9th July 2016  
Hilton Hotel, Adelaide  
Tickets on sale: Monday 23rd May 2016  
through BASS (<http://www.bass.net.au/>)

## UPCOMING TRAINING

### Narrative Approaches to Case Management (2 days)

- Applications close: 1 week prior to delivery  
- Next workshops:  
16th & 17th June  
10th & 11th August  
26th & 27th October

### HLT40113

### Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health Care (12months)

- Applications close: 4th July 2016  
- Commencing: 15th August 2016

## CURRENT VACANCIES

No current vacancies.

Our vacancies get advertised on our website. Keep updated by visiting:  
<http://nunku.org.au/working-with-us/current-vacancies/>

## Mobile Polling Booth at Nunkuwarrin Yunti

Friday 24th June 2016  
10am- 2pm  
Nunkuwarrin Yunti of SA Inc.  
182- 190 Wakefield Street, Adelaide

## When in Need of a Feed

Relationships Australia SA are offering free fruit, vegetables, milk and bread to those in need every Friday from 2.30pm- 4.30pm.

Visit 191 Flinders Street, Adelaide or phone 1800 188 118 for more information.

## 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