



September 2016

Newsletter

CEO Welcome



Spring is finally upon us and I hope you, feel like the staff at Nunkuwarrin Yunti who are excited about the journey and challenges that our organisation has endured since our last newsletter. In this edition I am delighted to present some of the activities and programs that we continue to provide to build a broader awareness and support for a stronger community.

We are in the process of establishing a volunteer reference group which consists of 8 members of the community. A number of these people have signed up as volunteers and have been provided with training in child safe environments, and will be providing National Police Clearance to allow them to take part in projects and activities which will help support clients on their journey to better health.

A special thank you to the community & stakeholders, without who we would not exist and who trust us with their health care needs and support us in working towards a better future for us all.

- Vicki Holmes, CEO

Open Day 2016



You are invited to Nunkuwarrin Yunti of South Australia Incorporated and Aboriginal Sobriety Group Indigenous Corporation's annual Open Day on **Wednesday 5th October, 10.30am- 2.30pm.**

This is a great day where the community can come together to watch performances by Dusty Feet Mob, Gully Winds Aboriginal Elders Choir and Kalaya Children's Centre. Participate in fun activities like face painting, cartoon portraits, health checks, henna, balloon artists, smoothie bike and reptile display just to name a few. Eat some delicious food. Catch up with family and friends. All while learning about what services Nunkuwarrin Yunti and the Aboriginal Sobriety Group have to offer.

It will be the first week of school holidays so don't forget to bring the kids.

There will be limited transport available so book in quickly before it fills up. For more information contact Kesha on 8406 1600.

We look forward to seeing you there!

Strong Women Solids Kids Update

The Maternal and Child Health team has been really busy in the last few months. We have come up with a name and a logo for the program and are excited to introduce the 'Strong Mums Solid Kids' Program.

In the picture is our team, so far consisting of Angela the Midwife, Devinia, Aboriginal Health Practitioner, Lena, Aboriginal Health worker and Clare, Child health Nurse and coordinator. In the middle is our banner with the Logo. The Nunkuwarrin Logo on the Mothers pregnant belly signifies Nunkuwarrin Yunti's caring for the next generation while the Hands of the father, family and community provide strength and support for Mother and children.

We have had 2 successful launches in Wakefield and Brady St where fun was had by families, children and staff. Our first antenatal group has begun in Brady St where parents to be can get great information and support to help them prepare for the exciting journey of parenting ahead of them.

We are seeing clients for pregnancy care and healthy kids checks and immunisations and are happily accepting referrals.



Towilla Purruttiappendi Update

Towilla Purruttiappendi, in partnership with Oz Harvest, have been busy facilitating the NEST (Nice Easy Simple Tips) program for clients.



The NEST program was held at Nunkuwarrin Yunti for 6 consecutive weeks and commenced on Wednesday August 3rd August, going through to Wednesday September 7th at 10.30am-12.30pm.



The scope of the program was to cover some basic nutrition, cooking healthy food on a budget and how to reduce waste by using all food items, and clever purchasing and use of food.

Topics were covered in several modules



such as: balancing your diet; eating food for long-lasting energy; the truth about fats, oils and sugars; budgeting; and healthy eating for young children and parents as well as reading food labels, planning, storing and strategies to reduce waste.

The NEST facilitators were able to provide a variety of mainly rescued food items for cooking, with clients learning new skills with preparing and cooking the meals as well as helpful ideas on how to reduce costs. They were also provided with delicious recipe ideas for times when you might get stuck for healthy options with limited ingredients. Each participant is provided with a workbook that is full of recipes and helpful hints.



Each Wednesday the halls of Nunkuwarrin Yunti were being filled with delightful smells from the participants cooking skills. We saw lots of smiles and full bellies at the end of each session. Participants also got to take home what they did not eat, as well as any left-over ingredients to use in their homes for themselves and their families.



It's great to see TP staff, Oz Harvest facilitators and clients come together and really enjoy the sessions, along with the social connection that came with group participation.

Organisational Accreditation

In July 2016, an external review was completed which measured Nunkuwarrin Yunti against Quality Improvement Council (QIC) Health and Community Services Standards 6th edition 2010.

We are excited to announce that we will be re accredited for another 3 years. Nunkuwarrin Yunti is committed to providing quality care to the community. Meeting the QIC standards supports the ongoing improvements to the services we deliver and help us ensure we are providing the best care and environment for our clients, community and staff. Nunkuwarrin Yunti plans to continue reviewing and improving systems and processes that will support staff to provide the best care.

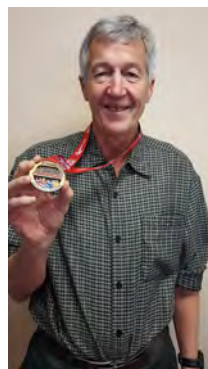
Celebrating Great Achievements

The Strong Mums Solid Kids Program would like to send a big shout out to super team member Devinia Binnell otherwise known as the beautiful and dynamic Beanz for completing a 3 month super intensive Healthy Under 5 Kids education package. With the tutor-age of Mary Houlahan (Child Health Nurse) she has learned all about what makes kids grow strong and well and how to support our parents and families to be the best they can be. Well done Beanz.

Also, congratulations to Shaun Jacobson and Devinia Binell on the successful completion of the 3 month SA Health immunisations course. They now know all about how vaccines work and why we give them. They can now explain to parents the benefits and the myths about immunisations so that our parents are better informed and can feel safe immunising their children. Great Job guys.

Well done, Stephen!

Counsellor, Stephen Meredith competed in the 2016 Athlete's Foot Adelaide Marathon Festival on Sunday 14th August. Stephen ran the 42.2 km marathon in 4 hours 11 minutes. What an achievement! Congratulations, Stephen.



World Hepatitis Day

Thursday 28 July was World Hepatitis Day. The theme for this year is "elimination". The goal is to eliminate hepatitis as a public health threat by 2030.



The Harm Minimisation Team had a display in the foyer.

With key health messages:

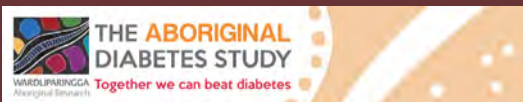
- New Hep C medicines result in a cure for 90-95% of people.
- New medicines are taken as tablets with very few side effects
- They are taken for as little as 8-12 weeks in most cases

A raffle was run through the week with prizes from Hepatitis SA here's YOUNICE our winner:



Since the treatments became available on 1 March in Australia, more than 20,000 people with Hep C have started treatment. Australia is tracking well to achieve nearly 20% of all people with Hep C on treatment resulting in a cure for more people than the previous 20 years combined.

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 on 8406 1600.



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/>

NAIDOC Week 2016

NAIDOC Week is held each year during the first full week of July. There are various events held during this time to acknowledge, celebrate and promote Aboriginal and Torres Strait Islander culture and history as well as building on respectful relationships.

Nunkuwarrin Yunti were involved in 5 events during this years NAIDOC Week. Here are some photo's of what we got up to:



Celebration of Learning

It was a great joy to be part of another Celebration of Learning where Nunkuwarrin Yunti, through its People Development Unit, had the opportunity to celebrate the hard work the students had completed. When we look back at the last 12 months we have all done so much and we are proud to say that we have walked alongside our students and supported one another through this journey.

The day was well attended by graduating students and their supportive families, friends and colleagues. Key qualifications that students graduated from this year included the following:

- CHC30112 – Certificate III in Community Services Work (Strong Spirit Strong Mind) - 12 Graduated
- CHC30112 – Certificate III in Community Services Work - 11 Graduated
- HLT40113 – Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health Care – 7 Graduated
- 10506NAT – Certificate IV in Stolen Generation Family Research and Case Management - 7 Graduated
- 10401NAT – Diploma of Narrative Approaches for Aboriginal People (Counselling, Group and Community Work) - 10 Graduated
- As well as Short Courses – 69 completed, and
- Workshops – 77 Completed



Through the RTO students are able to gain recognition of their learnings which we think of a ticket to create positive change in our community one life at a time. Think of it as your ticket to create positive change in our community one life at a time.

Once again CONGRATULATIONS to you all!

Do you know about SAMESH?

SAMESH South Australia + Mobilisation, Empowerment for Sexual Health a program of SHine SA and Victorian AIDS Council (VAC) provides services for gay men, men who have sex with men and people living with and or affected by HIV. SAMESH has a dynamic and creative pool of committed men and women working to improve the lives of the gay men and PLHIV across Adelaide and beyond. SAMESH appointed Damien Ralphs as a Health Promotions Officer in August 2016; many of you may know Damien for his work within community. He has responsibility for multiple projects in the coming year and he looks forward to establishing a safe space at SAMESH for younger and old LGBTIQ Aboriginal people... Now a few words from Damien...

Damien Ralphs (Gunnai/Kurnai & Wotjabulok) says "Get off the couch, drop that chocolate and stop hibernating!". Damien is launching the Spring phase of the 'The Drama Downunder', a national campaign for men who have sex with men, all about STIs and the importance of regular sexual health checks. Keep an eye out for events with a Spring theme. Meanwhile, Damien says check out the website at www.thedramadownunder.info, and if you have 20 minutes to spare, come into Rapido at 57 Hyde Street in town for a rapid HIV test on a Friday night or Saturday morning.



Spirit Fun Run & Walk

Dates have been confirmed for the 2016 Spirit Fun Run & Walk! The event will be held at Fremont Park, Elizabeth (Corner of Main North Road and Yorktown Road) on Sunday 23rd October from 9:30am – 2:30pm.

The day will consist of a 500 meter trail that can be completed up to four times. All ages and all fitness levels can participate. Participants can run, jog, walk, hop, skip or dance the trail. The more laps, the more colours you will be bombed with. Most importantly, let's not forget the delicious BBQ & free fun activities for the whole family. Come along in fancy dress for your chance to win! For more information and to register visit: <https://spiritfunrun.eventbrite.com.au/>

Please register early to receive a T-shirt & glasses on the day (while stocks last).



Tackling Tobacco Team Update

The Nunkuwarrin Yunti Tackling Tobacco Team has a new look!

It's been a big couple of months for the Tackling Tobacco Team. Firstly we would like to introduce our new artwork developed by Ochre Dawn and Allan Sumner. The artwork has been created to articulate the journey Nunkuwarrin Yunti and our community take to become healthy and smoke free. It emphasises the communities' dreams and aspirations.



Like us on Facebook



To coincide with the launch of the Tackling Tobacco Teams new artwork our Facebook site has adopted a brand new look. 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 us and join in on supporting our community to be healthy and smoke free. Jump onto www.facebook.com/tacklingtobacco to check it out.

Nathan is Rewriting his Story

The Tackling Tobacco Team get super inspired to hear about the communities' determination to be healthy and smoke free. In this newsletter we would like to highlight a great story from Nathan Kauschke. A big congratulations to Nathan for giving up the smokes and thank you for sharing your story!

"Stop making excuses, smoking just makes things worse"

Mr Nathan Kauschke has felt energised and motivated to get fit and healthy since giving up the smokes 952 hours ago, that is 5 weeks ago. Family members have commented on Nathan's improved breathing and he's feeling relieved. As an asthmatic, quitting smoking has had a huge impact on his health. "Stop making excuses – smoking just makes things worse" Nathan said as he spoke about his journey to quit.

In the past the excuses to smoke were endless for Nathan. For example certain times triggered him to smoke, when he got up in the morning or after dinner, when feeling stressed or on holidays. Previously Nathan found it very difficult to quit as smokes were an excuse to socialise. Whilst completing his degree at university he knew that in-between lectures, if he went to the smoking areas all the "black fellas" would be there. However encouragement from his girlfriend to stop smoking compelled Nathan to never quit quitting.

While he was a smoker the cost of cigarettes did not really phase him. However now that he's quit he's realised that in as little as 5 weeks he's saved over \$600, extra money to dedicate to his passion for sports and recreation. The free mobile app "Smoke Free" has helped Nathan to keep track of how much money he's saved on cigarettes and how many cigarettes he's not smoked. It also provides motivation by calculating the days and hours smoke free, monitors improvements in his health, contains a cravings diary and provides frequent hints and tips. The app has been a great incentive and key to Nathan's success.

Further the Nunkuwarrin Yunti Tackling Tobacco Team has provided Nathan with one-on-one support and education around the use of nicotine replacement therapy. Nicobate oral strips initially helped Nathan to manage the cravings, however now he doesn't need them.

Nathan's excited to see many members of his family give up the smokes and his friends from University are quitting too. When he first quit he felt envious of those smoking around him and in the past this feeling led to relapses. The biggest challenge for Nathan has been changing his attitude toward smoking. Now when he sees others smoking he feels sorry for them and is glad it's not him. "I tell my friends don't offer me cigarettes, I don't want the temptation" said Nathan. Asking those around him to support his decision to be smoke free has helped Nathan to succeed.

"At the end of the day we need to think about our lives! Look at us black fellas, we die so much younger and yet so many Aboriginal people smoke. We need to think about our children, our future, and give them good environments to live in. Think about the consequences of smoking" said Nathan.



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.

UPCOMING EVENTS

Nunquwarrin Yunti of SA Inc. & Aboriginal Sobriety Group Indigenous Corporation OPEN DAY 2016

Wednesday 5th October 2016

10.30am- 2.30pm

182- 190 Wakefield Street, Adelaide

*Limited transport bookings available

For more information contact Kesha on 8406 1600.

Homeless Connect Expo

Thursday 20th October 2016

10am- 2pm

Whitmore Square, Adelaide

Spirit Fun Run & Walk

Sunday 23rd October

9.30am- 2.30pm

Fremont Park, Elizabeth (Corner of Main North Road and Yorktown Road)

For more information and to register visit: <https://spiritfunrun.eventbrite.com.au/>

Tauondi College Open Day

Thursday 27th October 2016

10.30am- 2.30pm

1 Lipson Street, Port Adelaide.

UPCOMING TRAINING

HLT40113

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

- Commencing: 17th October 2016

Narrative Approaches to Case Management (2 days)

- Applications close: 1 week prior to delivery

- Last workshop for 2016: 26th & 27th October

Any questions regarding our training can be directed to the **People Development Unit** on **(08) 8168 8300**

CURRENT VACANCIES

Position Title: Case Worker (Link Up SA)

Position Title: Child Psychologist (Towilla Puruttiappendi)

Position Title: Senior General Practitioner (Primary Care Services)

Position Title: Clinical Administration Officer (Primary Care Services)

Position Title: Clinical Nurse (RN2) (Primary Care Services)

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

Nunquwarrin Yunti was recently selected by the Adelaide Primary Health Network (APHN) as a preferred provider for the expansion of Mental Health and Alcohol and Other Drugs services in the Adelaide Region.

Keep visiting our website for more details on future employment opportunities.

Nunquwarrin 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