



Nina Marni,

In celebrating NAIDOC week 2021, we at Nunquwarrin Yunti, embrace the 'Heal Country' message and support stronger measures to recognise, protect and maintain all aspects of our culture and heritage. Hoping to again celebrate NAIDOC week this year with the traditional march and family day in Victoria Square.

Some happy and positive news is that I had my first dose of the COVID AstraZeneca vaccine, at the end of March and just last week received my second dose. I am now fully vaccinated (See me below getting the jab). Overall I feel good!. But I understand that there are many concerns about the COVID vaccine. I urge you to speak to your GP or health professional to find out your options.

COVID is still with us as restrictions and lockdowns are being enforced again across States and Territories just as we were starting to feel confident about getting on top of things. Getting the COVID vaccine is the best protection from becoming sick and clearest way forward to a more normal life.

There's lots happening at Nunquwarrin Yunti (all within and following COVID-19 guidelines). Find out more below.

Enjoy the read. Be safe and keep well.

Vicki Holmes

COVID-19 vaccines are NOW here. Call and book in for the jabs. It's also FLU-VAX time!

Vaccination is the best way to protect against becoming very sick (and possible death) from COVID-19 virus.

- In Australia currently there are the AstraZeneca and Pfizer vaccines. Both vaccines require two doses few weeks apart. Talk to your GP or health professional about the COVID vaccine and your options.
- Nunkuwarrin Yunti is offering the Pfizer and AstraZeneca vaccines to eligible people.
- **Call 84061600 to book in for your COVID jabs. Booking is essential!**
- Don't forget to also get your seasonal flu vax. The flu vax should be taken 2 weeks before OR after the COVID jab.



CEO Vicki Holmes gets her first dose of COVID AstraZeneca vaccine

Pictured above CEO **Vicki Holmes**, get her first dose of COVID-19. Feeling happy and eager to get final jab.

Nunkuwarrin Yunti is here to help. Call us on 84061600, and book in for your jabs!

Happenings at Nunkuwarrin Yunti! Services, programs and new faces...

For more details on the **Nunga Active program** call us on **84061600**



Nunkuwarrin Yunti
of South Australia Inc.

NUNKUWARRIN YUNTI **NUNGA ACTIVE PROGRAM**

Free for all Aboriginal mob to join 18 years +

Do you want to be more social and active? or
Have an illness or injury that prevents you from exercising?

HOW CAN WE SUPPORT YOU?

Individual one to one and group-based exercise sessions, tailored to your individual fitness, abilities, interests and requirements.

Call Mariah 0417 689 255 or Tania 0439 139 241
or email nungaactive@nunku.org.au
to book in or find out more

Join the Nunga Active Program and get moving!

- Nunga Active is about improving the overall health and wellbeing of Aboriginal people at risk or living with chronic disease, mental illness or who are socially isolated.
- The program has individual and group based exercise sessions and recognises that every person is different

with varied levels of fitness, abilities, interests and requirements. There's

- 1:1 personal training (PT) sessions
- individual goal setting support and coaching
- group fitness sessions.

Want to join? Call us at 84061600 during office hours or email nungaactive@nunku.org.au

Meet Kim Edwards: Our NDIS Community Connector Project Officer



Pictured above: **Kim Edwards**, NDIS Community Connector Project Officer at Nunkuwarrin Yunti. **Contact Kim on 84061600** (during office hours)

What's your role?

Many Aboriginal people who are probably eligible for NDIS support either don't know that they can get support or how to access that support. My role as NDIS Community Connector Project Officer is to 'connect' likely eligible clients/family and friends to supports available from the NDIS.

Explain how you help clients to connect or access the NDIS?

Essentially, I help clients by:

- **providing information**- give them NDIS info pack to read and explain what they need to know and do. For instance I tell

clients to complete the NDIS ARF (Accessibility Request) Form to start the process

- **organising support** from Partners In The Community (PITC- part of the NDIS local community structure) to come and speak to clients and help complete and submit forms and supporting paperwork (like client medical evidence/information) to set goals and establish required supports needed etc.
- **being their advocate (or support)** to try and bring all relevant stakeholders involved, to help deliver a total client focused support plan.

How can people get in contact with you?

People can call me on 84061600 during office hours. I am always up for a yarn with clients and Community at Wakefield St and Brady St if they wish to discuss ways to access NDIS supports.

Events & special dates to look out for...

Significant indigenous events and celebrations calendar Jul-Sept 2021

4 - 11 July: NAIDOC Week

4 August: ATSI Children's Day

9 August : International day for the World's Indigenous Peoples

1 September: Indigenous Literacy Day

13 September: Anniversary of the UN Declaration on the Rights of Indigenous People.

2021 Calendar of events: July-Sep

June							July						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	5				1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

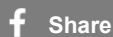
August							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		



**HEAL
COUNTRY!**
4-11 JULY 2021



Nunkuwarrin Yunti
of South Australia Inc.



Share



Forward

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