



Wirraka Maya Health Service Aboriginal Corporation

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CEO Catch Up

Welcome to the December edition of the Wirraka Maya Newsletter.

It has been another great month for our programs and clinical services.

We continue to work collaboratively within our internal programs and with other external agencies and partners. This ensures a smooth transition, with client referral pathways for improved health and social wellbeing out-

comes, and active participation in relevant research projects such as Fetal Alcohol Spectrum Disorder and Sexually Transmitted Infections.

We have now received the health service data report for Wirraka Maya. I am happy to report that Wirraka Maya is effectively meeting our National Key Performance Indicators and tracking very well against state and national averages.



Thank you to all our staff who work extremely hard to ensure we provide a high quality service to our clients and our community, and ensuring our data is recorded to accurately reflect the work we do in our service. Well done and thank you all!

Women's Business Cancer Awareness Morning Tea

A cancer awareness morning tea was held at Wirraka Maya on Tuesday 8th November, for all women in the local community.

It was a very successful event with approximately 35 women attending throughout the morning.

The morning tea was held during Cervical Cancer Awareness Week (7-13 Nov 2016).

It was a great forum to connect women who have been affected by cancer, raise aware-

ness about women's cancers, and encourage conversations about cervical health and women's health overall.

We would like to thank the ladies who attended and shared their story.

We are planning to run more events like this in

the new year.

If you are overdue for cervical screening (pap smear) contact us or your health care provider. Screening is recommended every two years for women aged 18-70 who have ever been sexually active.



Disability Awareness Week

Disability Awareness Week will be celebrated in South Hedland this year with a free movie night, on Sunday 4th of December, in Shay Gap Memorial Park.

The purpose is to raise awareness about the importance of welcoming and inclusive communities that facilitate citizenship, mutual support and

a fair go for everyone.

All are welcome to our sunset screening of "Gnomeo & Juliet", as well as a couple "Focus on Ability" short films that will be shown before the main feature.

From 5:30pm to 8:00pm there will be fun activities for the whole family to enjoy. This includes

wheelchair basketball, face painting and music before the sunset movie screening.

There will also be a free sausage sizzle, fruit and water available. Feel free to bring along your own picnic. However, please be aware that it is an alcohol and smoke free event.

Hope to see you there!

FREE MOVIE NIGHT

Showing: **GNOMEO & JULIET**

DISABILITY AWARENESS WEEK ALL WELCOME!

5.30PM - 8:00PM
SUNDAY,
4TH DECEMBER
SHAY GAP
MEMORIAL PARK,
SOUTH HEDLAND

"FOCUS ON ABILITY" SHORT FILM
FREE SAUSAGE SIZZLE
MUSIC
FACE-PAINTING
WHEELCHAIR BASKETBALL
(BRING YOUR OWN PICNIC!)

6:30PM SUNSET SCREENING *SMOKE & ALCOHOL FREE EVENT

PROUDLY SUPPORTED BY:

epic | GALAXY PROMOTIONS | HCLA | IBN | onsite | WYRKA MAYA | HEALTH SERVICE ABORIGINAL CORPORATION | Lifestyle Solutions | CLEANAWAY | Shire of Port Hedland

For more Information and Free Bus Travel Times, call EPIC on (08) 9172 4590

What's been happening?

PHaMs (Personal Helpers and Mentors) Program

PHaMs program at Wirraka Maya supports people whose lives are severely affected by mental illness.

We are small team that put our participants at the centre of their recovery journey. We do all that we can to assist the participant in reaching the goals that they have set for themselves, with one-on-one personalised support.

Our team can assist you to do a range of things such as;

- ⇒ re-gain confidence and build resilience against stress
- ⇒ access services such as counselling, medical support, Centrelink and housing
- ⇒ develop goals and a plan to achieve them
- ⇒ build healthy relationships with families and friends and create new relationships
- ⇒ become involved in your local community activities and groups
- ⇒ manage day to day activities such as shopping

Our PHaMs team has realised the health benefits of knitting, crocheting

and sewing on individuals' mental health. Such activities give the person doing it a sense of pride, and the rhythmic motions and sense of focus can help distract from symptoms of anxiety, depression and stress.

The team commenced a **weekly session** which runs **every Wednesday from 11am until 2pm**.

We have a trainer in the classroom that can teach these skills so previous experience is needed.

Throughout the course of this program individuals have learnt to make an array of things such as scarves, beanies, pillow cases, blankets, cushion covers, bags and place-mats.

Another important factor is getting out of the house to socialise with

others. This offers beneficial effects for someone's well-being. For that reason the team also run a **Get Together program every second Friday**. This involves taking the group to one of our beaches for a BBQ, and gives everyone a chance to yarn with one another. It also gives staff a chance to address any concerns with clients in a group setting.

Throughout these programs the team enlist the expertise of other agencies, who provide discussions for the group around issues such as healthy eating, diabetes, financial budgeting, health checks and caring for our mental health.

For more information about our PHaMs Program, call our Wellbeing Centre on (08) 9172 0444.



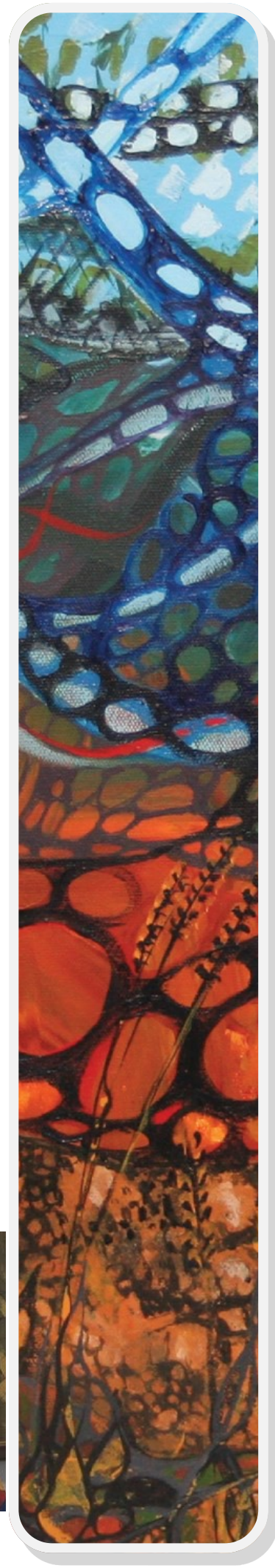
Welcome to the team

Paul Ishiguchi Practice Manager

Paul Ishiguchi has recently joined Wirraka Maya as the new Practice Manager.

He is from the Kimberley region of Western Australia, and brings with him extensive emergency nursing experience in urban and remote regions of Australia.

He has also held research and academic teaching positions throughout his career.



What's on in December?

Mon	Tue	Wed	Thu	Fri
			1 TTA Boys Group SLAM World AIDS Day	2 Inspire Men (Men's Group) Healthy Kids Play Group - WA Health
5 Transition To Adulthood (TTA) Leadership Group	6 TIS Quit Clinic TTA Girls Photography	7 PHaMs clients and family Xmas Party TTA in Strelley	8 TIS Quit Clinic TTA Boys Group	9 Inspire Men (Men's Group) Xmas Party Healthy Kids Play Group - WA Health
12 Transition To Adulthood (TTA) Leadership Group	13 Yarning Up Xmas Party (Women's Group) TIS Quit Clinic TTA Girls Photography	14 TTA in Warralong	15 TIS Quit Clinic TTA Boys Group SLAM	16 Inspire Men (Men's Group)
19	20	21	22 CLOSED	23 CLOSED
26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED

Christmas Closure

Please be aware that Wirraka Maya Health Service Aboriginal Corporation will close for the holiday period on Thursday 22 December 2016 and reopen on Tuesday 3 January 2017. If you have any health concerns during this time please visit Hedland Health Campus at 26-34 Colebatch Way, South Hedland WA 6722, or call them on (08) 9174 1410. In case of emergency dial 000.



HEALTH SERVICE
ABORIGINAL CORPORATION

Wirraka Maya Health Service Aboriginal Corporation

Wirraka Maya is open:

Monday to Thursday 8:30am to 5:00pm

Friday 8:30am to 4:00pm

Closed weekends and public holidays

17 Hamilton Road/ PO Box 2523

South Hedland WA 6722

Phone: Clinic (08) 9172 0400 / Wellbeing (08) 9172 0444

Fax: Clinic (08) 9140 2966 / Wellbeing (08) 9172 3719

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