

ISSUE 2, 2018

WIRRAKA MAYA NEWS



HEALTH SERVICE
ABORIGINAL CORPORATION

CEO Update

Welcome to the April Edition of the Wirraka Maya Newsletter! The last three months have been busy at the Health Service.



We now have got into the swing of the year. Particular focus has been given to our health promotion and outreach activities. We continue to service Warralong Community every week and in the last month, a GP has been in attendance at every visit.

Our FASD outreach that is funded by Rural Health West started in February, 2018. This year our team is made up of a facilitator, a AHW and a Neuropsychologist.

Children are normally seen by the Paediatrician and the AHW at the weekly clinics at the health service. Once children are seen and thought to have / exhibit some symptoms of FASD, they are referred for further assessment with the Neuropsychologist.

These assessments are normally 2½-3½ hours in duration. At the date of this newsletter we have conducted seven

(7) assessments over 2 clinics. We have a further clinic in South Hedland and four (4) days in Warralong that will be completed by June 2018.

Our Annual General Meeting was held in February and it was successful, because it was the first under the new Rule Book. We received three (3) nominations for the position of Director.

These nominations were passed by resolution by the members present at the AGM.

Our current Directors are:

- Alfred Barker
- Jeffrey Brown
- Nora Cook
- Kevin Geary
- David Moses-Martin
- Selina Stewart

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ABORIGINAL CORPORATION

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Family Movie Night

The Tackling Indigenous Smoking (TIS) team at Wirraka Maya Health Service held a family movie night on Thursday 1st February in Shay Gap Park in South Hedland.

The family movie 'The Emoji Movie' was screened, which all the kids loved! We had hot dogs and popcorn available to everyone that came along.

The TIS team also had available lots of prizes and giveaways based around education about the importance of reducing the impact of smoking.

The message we want to share with the community is that you can make small steps in tackling your smoking, and they will all add up and make a greater impact in the long run, and for the whole community to understand the importance of those small steps and how achievable they can be.



Wirraka Maya Support Ochre Ribbon Day

Donating packs to Women's Refuge

Wirraka Maya Health Service supported Ochre Ribbon Day through a donation to the Hedland Women's Refuge.

Ochre Ribbon Day looks to raise awareness and strengthen the advances made by governments and organisations in relation to family and domestic violence.

The donation comprised of care packages for women that they might find helpful when utilizing the service.

Several staff from Wirraka Maya took the bags down to the Women's Refuge, and

held a light morning tea.

Further discussion was had in relation to how Wirraka Maya can support the centre through the services and programs that we run.

Thank you to the Women's Refuge for allowing us to support your service, and we look forward to working together in the future.



Staff from Wirraka Maya Health Service, Jennifer Geary, Emma Cupps and Dom Marvelli present the donated care packages to Kayleen Arnold, Case Coordinator at the Hedland Women's Refuge.



International Women's Day

International Women's Day is held annually on Thursday 8th March. Wirraka Maya held a women's business event to celebrate this day, with lunch at the Jimblebar Room in the South Hedland Stadium.

It was fantastic to see so many women come along and enjoy the celebration, have some lunch and a yarn.

Guest speakers from the Hedland Health Campus gave the women a great overview of nutrition and the importance of diet in a healthy lifestyle.

The event focused on the importance of women looking after themselves, in order to look after and care for others and how this can be done through the services we have available at Wirraka Maya.

A pledge board was put together throughout the event, where women were invited to make a pledge that will better their own health and wellbeing, any advice they had for younger women and what they liked most about themselves.

This was then made into a collage which is displayed at Wirraka Maya Health Service. Thank you to all the ladies that came along and contributed to the day, and remember to keep an eye out for future women's business events at Wirraka Maya.

PHaM's Women's Group Update

Our Women's Group at Wirraka Maya, run by our Personal Helpers and Mentors team (PHaM's) got underway for 2018, and is bigger and better than ever!

This year more women are coming along to the weekly meetings and from all the laughter and chatter coming from the room, they must be having a good time!

The women are completing lots of different art and craft activities, from flower arranging, crocheting, quilting, painting and scrapbooking.

It's great to see all the women coming in and enjoying each other's company. If you would like more information get in touch with the Wellbeing Centre.



RTO Update

Throughout the previous blocks of study across February and March, the students have been learning with curiosity venipuncture and cannulation, along with units about medications.

The students were very lucky to not only have their trainer, Debbie, but also the practice manager Gail sharing their knowledge and experience, and you could tell that they really enjoyed their learning.

As the last unit block for the current batch of students finished up on the 23rd of March, we are now also accepting

expressions of interests from students to start their Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care.

We are really looking forward to the next batch of students with a passion for people and health starting their studies with us at Wirraka Maya Health Service.

So for those who may be interested, or if you know anyone who may be interested in becoming an Aboriginal Health worker, who is Aboriginal or Torres Strait Islander and is over the age of 18, please get in touch with us, via our website www.wmhsac.com or by contacting our RTO coordinator Abby, on 08 9172 0427 or email abbya@wmhsac.com.



Employee of the Month FEBRUARY

Each month at Wirraka Maya Health Service, all staff are invited to vote for Employee of the Month, where we look to recognize a staff member who has gone above and beyond in the way they deliver services to our clients and the community.

The Employee of the Month in February was Natalie Newie, who is one of our Tobacco Action Officers. Natalie works on the Tackling Indigenous Smoking (TIS) Program here at Wirraka Maya and has been very busy in her role, along with team member Jodi Whitby.



Natalie consistently uses initiative to perform her duties and suggests ideas for how we can improve service delivery here at Wirraka Maya. Natalie is always helpful and has such a positive attitude at work, so we thank her for her dedication and hard work!

Our TIS Team have been running various workshops with different organisations throughout the community, and working with ages from 10 years to 70 years!

They have also run community events such as family movie nights, information stalls and taking part in activities run for youth within the community. It is great to see the TIS team out and about in Hedland, and you can really tell they are making a difference, and getting the message out there that being a non-smoker is the best way to be!

A moment captured in the clinic

The photo was taken after stabilizing a very sick child whom presented to the WMHS clinic in respiratory distress.



This was a unique situation. A 2 year old child was being treated by a very special team. The staff were highly skilled and experienced health professionals. The Doctor was Aleeta Fejo, a Larrakia/Warramunga woman from Darwin, Northern Territory.

The Registered Nurse was Gail Williams, a Warrwa/Yamitji woman from Mullewa and Derby in the Kimberley Region of Western Australia. The Aboriginal Health Practitioner was Kylie Parfitt whom is an Eastern Arrente woman from Alice Springs, Central Australia.

After the child stabilized they were sent to Hedland Health Campus via ambulance and had a good outcome. Once we had time to regain ourselves, we stood together and thought about what had just happened. This was a moment in history. It seemed to me to be the pinnacle of our careers.

In a sense, we each felt an overwhelming sense of achievement and satisfaction. This is a moment we had hoped would happen. The three of us had come together, following our own paths and on our own journeys.

We had studied hard, worked shift work, endured the good with the bad and sad times so that we could make a difference to our people. So we captured the moment and revelled in it.

So it had come. We captured the moment. This was an emotional moment in time for us, our families and our communities.

Our jobs, our roles and our dedication to our people had become evident and successful. However, Doctor Aleeta was quick to remind us there was still a lot of work to be done. We still have a lot of work to do for our Aboriginal People.

National Close the Gap Community Open Day

Wirraka Maya Health Service held a Community Open Day on Friday 16th March, in recognition of National Close the Gap Day.

As we looked to bring people together and share information with the community, other organisations were invited to attend and promote the services they offer.

Throughout the day community members were also able to complete a health check, which is one of the ways that can contribute to the Close the Gap campaign.

Our Chronic Disease Team were also on hand to offer advice and answer questions in regards to chronic disease and how you can reduce your risk.

It was great to see so many people come down and take advantage of the information and resources being provided, along with enjoying a delicious

lunch provided by Wirraka Maya.

We also had prizes and giveaways throughout the day, which saw some lucky winners sharing in up to \$500 in prizes!

Thank you to all organisations who participated in the day, and to the staff at Wirraka Maya who contributed to the day.



Wirraka Maya out in the community



Shopping Centre Stall 7th February

Wirraka Maya were out in the South Hedland Shopping centre on February 7th, with information about the upcoming programs we have running this year. We also had a few giveaways for the community.

Information was gathered about future services and programs that we can offer to the community, and what they would like to see us introduce. We like to gain input from those that use our service on how we can better what we offer.

We are excited to introduce this year our men’s group, along with a mums and bubs group, and the addition of our Women’s Health Days, which take place on Tuesdays from 8.30am – 5pm.

For more information on any of the programs or services we have available at Wirraka Maya, don’t hesitate to get in touch!

New Staff Update

Patience Luphahla - Continuous Quality Improvement Officer

I was born in Zimbabwe in Southern Africa and immigrated into Australia in 2016. My professional background is registered nurse although I am still working on attaining my registration in Australia.

I am highly passionate about quality improvement in healthcare which I have been doing for the past 5 years. I am excited about my new role in WMHSAC and look forward to working with the multidisciplinary team in providing quality care that is responsive to the needs of our clients and sustainable. I believe in the strength of a team. For me, team

means Together - Everyone - Achieves - More. I also constantly make reference to an African proverb, “if you want to go fast go alone, if you want to go far go together”. I strongly believe that sustainability is not about speed but a good foundation and structures, so I invite you to take this quality journey with me....lets go together.



What's coming up!

	Mon	Tue	Wed	Thu	Fri
MAY	Health Promotion Priority Area: Smoking	1 Women's Health Day Dietitian Strong Men's Group	2 PHaM's Women's Group Warralong Clinic	3 Diabetes Educator Kidney Health	4
	7 Wirraka Maya Radio Show. 11am-12pm. 101.3FM	8 Women's Health Day Physiotherapist Strong Men's Group	9 PHaM's Women's Group Warralong Clinic	10 Diabetes Educator	11 Pediatrician
	14	15 Women's Health Day Dietitian Strong Men's Group	16 PHaM's Women's Group Warralong Clinic	17 Diabetes Educator Kidney Health	18 Pediatrician Welcome to Hedland Expo
	21 Wirraka Maya Radio Show. 11am-12pm. 101.3FM	22 Women's Health Day Physiotherapist Strong Men's Group	23 PHaM's Women's Group Warralong Clinic	24 Diabetes Educator	25 Pediatrician
	28	29 Women's Health Day Dietitian Strong Men's Group	30 PHaM's Women's Group Warralong Clinic	31 Diabetes Educator Kidney Health World No Tobacco Day	1 Wirraka Maya Be at Your Best Basketball Carnival Health Promotion Priority Area: Exercise
JUNE	4 Wirraka Maya Be at Your Best Basketball Carnival Wirraka Maya Radio Show 11am-12pm. 101.3FM	5 Women's Health Day Strong Men's Group	6 PHaM's Women's Group Warralong Clinic	7 Diabetes Educator	8 Pediatrician
	11	12 Women's Health Day Dietitian Strong Men's Group	13 PHaM's Women's Group Warralong Clinic	14 Diabetes Educator Kidney Health	15
	Men's Health Week				
	18 Wirraka Maya Radio Show. 11am-12pm. 101.3FM Optometrist	19 Women's Health Day Optometrist Strong Men's Group	20 PHaM's Women's Group Warralong Clinic Kidney Health	21 Diabetes Educator	22 Pediatrician
	25	26 Women's Health Day Dietitian Strong Men's Group	27 PHaM's Women's Group Warralong Clinic	28 Diabetes Educator	29 Podiatrist