



Wirraaka Maya Health Service Aboriginal Corporation

VOLUME 1, ISSUE 1

APRIL 2016

Message from the CEO

I'm June Councillor – the CEO here at Wirraaka Maya Health Service. I was one of the first Aboriginal Health Workers employed in the Pilbara region, based in Marble Bar. I completed a Bachelor of Applied Science with Hon-

ours at Curtin University and was awarded a Winston Churchill Fellowship with the Winston Churchill Memorial Trust in 2009. I have visited Canada and the USA to learn about the effects of Fetal Alcohol Spectrum disorder in Aboriginal commu-

nities and the impact on Aboriginal traditional ways of parenting. My desire to return home to the Pilbara from Perth to pursue my passion in health and to give back to my community; brought me back to achieve my dream of helping to improve the health outcomes for my people; to live healthier and happier lives.

Our current Wirraaka Maya Board of Directors are:

- Chairperson – Alfred Barker
- Vice Chair – Diana Brown
- Treasurer – Nora Cooke
- Secretary – Ashley Councilor
- Director – Kevin Geary
- Director – David Moses
- Director – Selina Stewart



June Councillor, CEO

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Our Services

Clinical Programs

Maternal and Child Health

Ante-Natal checks, Well Women's Checks, Immunisations, ATSI Child Health Checks, etc.

Chronic Disease Program

Cycle of care plans, arrangements of specialist appointments

Visiting Specialist Clinics

Dentist, Paediatrician, Dietician, Optometrist, Podiatrist, Diabetic Educator, etc.

Pharmacy

Medication dispense, home medication services, preparation of Webster-paks and advice

Remote Community Clinic Services

Community clinic visits, health checks and referrals

Social and Emotional Wellbeing Programs

Transition to Adulthood

Youth healthy lifestyle activities and workshops

Girls, boys and leadership groups

Women's Yarning Up and Men's Group

Men and women's groups

Yarns, activities and educational programs

Personal Helpers and Mentors

Support program for people whose lives are severely affected by a mental illness

Counselling Services

Counselling services relating to sexual, physical and emotional trauma working with child protection family service clients as well as alcohol/drug issues,

depression, relationship difficulties, anxiety, low self esteem, anger management, etc.

Health Promotion

Tackling smoking and healthy lifestyle activities and education

Patient Assisted Travel Scheme

Advocacy, support and liaison with travel and accommodation for eligible patients travelling long distances for specialist medical care

Indigenous Family Healing

Program that incorporates health, social, emotional, spiritual, art and cultural educational topics and uses cultural tools or therapy such as narration, art, music, theatre, craft, environment and exercise to heal participants and contribute their overall wellbeing

Warralong Outreach Clinic

Wirraka Maya Health Service provides medical care, including same-day appointments and chronic disease management to the population residing in Warralong.

Normally a doctor and two Aboriginal health workers visit the clinic each Wednesday and are present in the community from 10:30am until around 3:00pm. The outreach provides vaccinations, blood and urine testing, health checks, specialist referrals, preventative care and urgent care/dressing changes. We also insert implanons and provide basic prenatal care. Recently we have started bringing a HbA1c machine for diabetes care and plan to bring an ECG machine to test heart function in the future to use at this service.

There are about 80 permanent residents in Warralong, and this number varies depending on the season and transient movements of populations. We see on average 11-15 of these patients in a clinical manner weekly. However the clinic is also a social gathering ground and we often see 30-40 people enter/leave the clinic throughout the day to have a yarn or grab a cold glass of water and piece of fruit that we bring from Hedland.

We work closely with the Warralong School teachers and principal and Hedland Public Health department for screenings and notifications, as well as Home and Community Care (HACC) programs regarding housing and patient assistance.

Other recent activities we have participated in at Warralong community include:

- ◆ Co-hosting a measles, mumps, rubella (MMR) vaccination program with Public Health—over 50 clients were given boosters for MMR that day.
- ◆ Co-hosting a barbeque meet-and-greet along with HACC last year at the Warralong Shed which was a huge success.
- ◆ Assisting with medical care of populations visiting Warralong during the footy carnival on the 28 September – 1 October 2015.

Yarning Up Women's group and the Transition To Adulthood groups also visit Warralong to provide programs to the population.

Yarning Up Women's Group

Yarning Up Women's Group is calling out to all Indigenous ladies in the community to join us for our weekly group sessions. We gather to participate in arts and crafts, healthy cooking, educational programs, outings to Port Hedland, swimming, sewing, in-house activities with invited guest speakers, and much more!

We partner with other Aboriginal Corporations in South Hedland who deliver similar programs and we are beginning to

expand our service to Warralong Community one Wednesday each month. The Yarning Up Women's Group is looking forward to our upcoming visits to both Warralong and Roebourne.

The group is free of charge, healthy morning tea and lunch is provided and transport is available. So if you're interested in sharing yarns, making friends and enjoying the activities in a relaxed and friendly atmosphere please contact:

Bertha Morseu
Indigenous Family Healing Project Officer
P. (08) 9172 0444
E. bertham@wmhsac.com

Healing Camp, organised by Yorgum is also coming up from May 16–20th. For more information contact Bertha. Healing camp is about Indigenous women coming together for activities and yarns around healing, grief and loss, stolen generation, reunion, arts and craft and environmental healing

Healing camp is open to all indigenous women. Please contact Bertha for more information

“Wirraka Maya Health Service provides medical care, including same-day appointments and chronic disease management to the population residing in Warralong”

Lades wreath-making during an arts and crafts session



Transition to Adulthood - 2016 Program!



TTA Project Officers delivering a smoking prevention workshop

Transition to Adulthood is a youth program that delivers healthy lifestyle activities and workshops on topics such as drug, alcohol and tobacco education and prevention, sexual health education, resilience and career

skills, just to mention a few. Culture is incorporated in the delivery of all our workshops and programs.

In 2014 Wirraka Maya Health Service's Transition to Adulthood project officers received the YACWA Organisation Achievement Award at the WA Youth Awards.

This year four different Transition to Adulthood groups are being held:

- ◆ Junior group
- ◆ Girls group

- ◆ Boys group
- ◆ Leadership group

These groups are open to Aboriginal youth between the ages of 9 – 24 years.

If you are interested or would like more information please contact Transition to Adulthood Project Officers Jennifer Geary or Jamahl Ross on (08) 9172 0444
jenniferg@wmhsac.com
jamahlr@wmhsac.com

*"In 2014 ...
 Transition to Adulthood project officers received the YACWA Organisation Achievement Award at the WA Youth Awards"*

RTO - Student Update

Our current students pursuing the Certificate IV in Aboriginal & Torres Strait Islander Primary Health Care Practice (40213) have started their practicals in the clinic and will complete the course by June 30th, 2016!

Furthermore, 10 students recently completed their certificate of Provide First Aid at Wirraka Maya. The students thoroughly enjoyed the training as it was the first time the Aboriginal ways of first aid training was implemented.

Certificate IV in Aboriginal & Torres Strait Islander Primary Health Care Practice allows you to work in a team as an Aboriginal Health Worker. It provides the knowledge and skills that allow you to apply primary health care principles in both clinical and community outreach settings. The course runs for 12 months and includes 14 core units, 7 electives and 500 hours of practical placement.

To be eligible to enrol, students must be at least 17

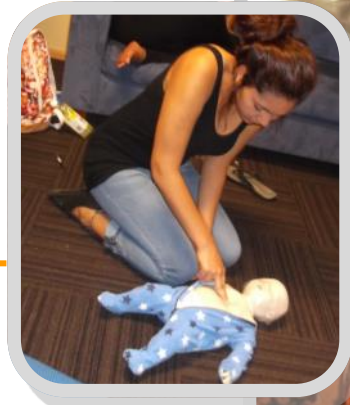
years of age and of Aboriginal/Torres Strait Islander descent.

For more information, or to enrol please contact:

Abby Adimulam
 RTO Coordinator
 P. (08) 9172 0444
 E. abbya@wmhsac.com



Above: Students practicing during pathology unit



Left: Student handling the simulated scenario during First Aid training

Health Message of the Month:

Passive smoking can be harmful

Second hand smoke is the smoke that is exhaled by a smoker or the smoke that comes off the end of a burning cigarette.

Smoking around other people can cause illness and disease. Especially among pregnant women and children

Second hand smoke can increase the risk of a child developing medical conditions such as asthma, middle ear disease, and causes poor lung development, chest and breathing illnesses and behavioral problems.

Things you can do about second hand smoke:

- ◆ Don't smoke in the house or in the car
- ◆ Make an area outside for people to smoke in and tell the kids to keep away
- ◆ Put up 'Smoke Free Home' signs so everybody knows

April 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Inspire Men (Men's Group) 10am-1pm	2	3
4	5 Yarning Up Women's group 10am-1pm	6 Skills Training (PHaMs clients and family) 10am- 2pm	7	8 Inspire Men (Men's Group) 10am-1pm	9	10
11	12 Yarning Up Women's Group 10am-1pm	13 Warralong Women's group / Skills Training (PHaMs clients	14	15 Inspire Men (Men's Group) 10am-1pm	16 WMBAYB— Basketball Comp. Location TBC	17
18	19 Yarning Up Women's Group 10am-1pm	20 Skills Training (PHaMs clients and family) 10am- 2pm	21	22 Inspire Men (Men's Group) 10am-1pm	23	24
25	26 Yarning Up Women's Group 10am-1pm	27 Skills Training (PHaMs clients and family) 10am- 2pm	28	29 Inspire Men (Men's Group) 10am-1pm	30	



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

Wirraka Maya is a culturally safe 'one stop shop' for Aboriginal & Torres Strait Islanders (ATSI) to access primary health care and social and emotional well-being programs.

ATSI people are encouraged to come in and have a health check and learn more about what we do, please come in and speak to our highly trained staff in the clinic and wellbeing centre.

