



WIRRAKA MAYA NEWSLETTER



Welcome to Wirraka Maya March Newsletter 2024.

Inside contains WMHSAC December recap, past, current and updates of upcoming events. WMHSAC Clinic specialist visits, Social & Emotional Wellbeing and Health Promotion programs

MARCH ISSUE 002

DECEMBER 2023 recap

- Tackling Indigenous Smoking (TIS) team's visit to Karlarra House Aged Care Facility

WMHSAC Clinic

- Podiatrist February visit
- Medical front desk

WMHSAC Social & Emotional Wellbeing

- TTA 8-weeks Program

WMHSAC NDIS

- Welcome back

WMHSAC Health Promotion

- Active Feed
- Promoting overall wellbeing

GET TO KNOW section

- Two clinic staff



LEARN MORE



TIS RECAP

KARLARRA AGED CARE VISIT

November 2023

WMHSAC Tackling Indigenous Smoking (TIS) Spreading the Christmas cheer at Karlarra Aged Care Facility

On thursday, 30 November 2023, our WMHSAC (TIS) Tackling indigenous smoking coordinator Natalie and TIS officer Denise visited our local nursing home Karlarra House Aged Care Facility in South Hedland together with SEWB administrator Yoshira and the Health Promotion Officer Jenela to spread a little Christmas cheer to our community elders.

Our WMHSAC team felt so blessed to have spent a wonderful morning and gifting them with an early Christmas present to get them into the Christmas spirit.

5 Tips for carers : Looking after yourself

1. Know what you're dealing with
2. Manage your feelings
3. Stay fit and healthy
4. Take a break
5. Seek Support

To read about the article check
www.careabout.com.au





ELDER'S LUNCH

We loved our visit at Karlarra House Aged Care Facility as much as the residents there and could see the overwhelming joy in their faces.





MORE PHOTOS

Our WMHSAC TIS TEAM hopes to continue few more visits to Karlarra House Aged Care in 2024.



WMHSAC CLINIC

Podiatry Feb. visit



Podiatrist (Andrew) visited WMHSAC on Monday, 5th February 2024 and **Podiatrist** (Ebonnie) visited WMHSAC on Monday, 12th February 2024.

ITC PROGRAM

Petina (Indigenous Health Project officer, ITC) worked in partnership with Andrew, Ebonnie and WMHSAC Chronic Disease Team to give Diabetic patients and patient with chronic condition podiatry footwear.

*find out their
next visit*

Call our WMHSAC Chronic Disease Team **Gary & Tanya** on

(08) 9172 0400



WMHSAC CLINIC

New Medical Receptionist



Danielle Miller

Thorgan Kaza

*they will greet
you well*

To book, cancel or reschedule
your appointment please call
WHMSAC Medical reception

(08) 9172 0400



WMHSAC SEWB Transition to Adulthood

ROYAL LIFE SAVING AUSTRALIA
PRESENTS....

South Hedland
Aquatic Centre

Come along with us to learn vital swimming skills!!

WATER RESCUE

LIMITED SPACES AVAILABLE

AGE REQUIREMENT: 13 - 17 YEARS OF AGE

8 WEEK PROGRAM

3:00 - 4:30PM

COMMENCING ON FEB 6TH, 2024

AFTER SCHOOL PICK UPS AND DROP OFFS

For more information please contact TTA Team on (08) 9172 0444
and speak to either Trudi, Agnes and Colleta
Email: trudis@wmhsac.com



ACTIVE FEEDS 2024



WMHSAC HEALTH PROMOTION

PRESENTS MIXED BERRY SMOOTHIE
MONDAY, 11TH MARCH 2024

9:30am - 10:30am

Come pick up your smoothie at SEWB or the CLINIC



Our Health Promotion Officer will be busy preparing a health refreshment for you to try and recreate at home!

Please do not hesitate to contact your Health Promotion Officer if you want a copy of the ingredients on (08) 9172 0446 or Email: jenelab@wmhsac.com

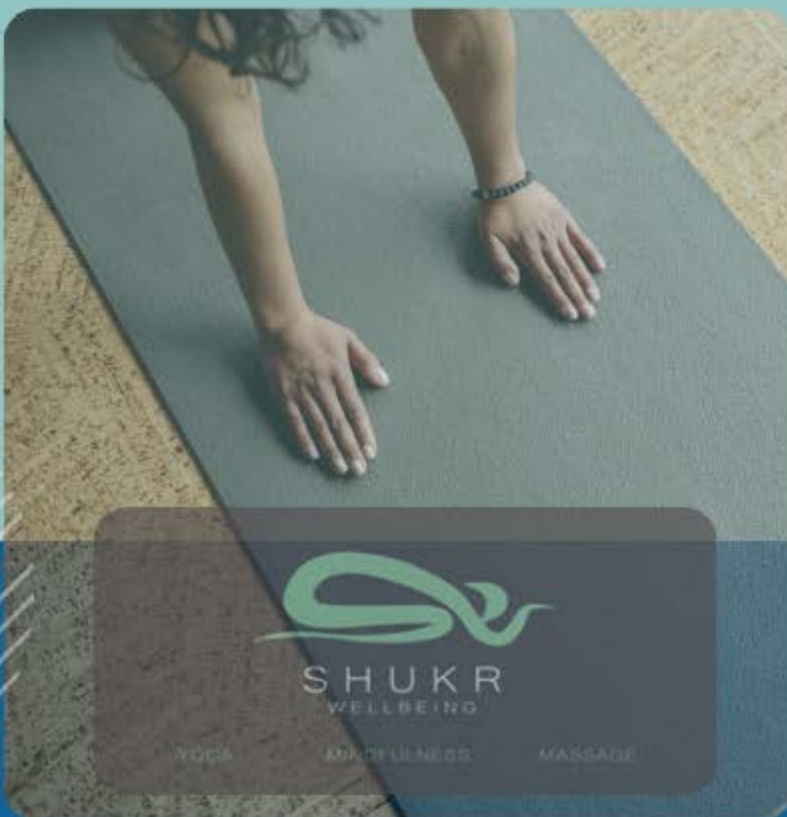


PROMOTING OVERALL WELLBEING

WMHSAC HEALTH PROMOTION

Aly from Shukr will be delivering wellbeing services to WMHSAC to help engage and focus better within the workplace. Movement session is design help alleviate physical discomfort from prolonged sitting, standing and other work duties to enhance mental focus and cultivate a healthier environment.

Her first session at WMHSAC RTO conference room will be on:
THURSDAY, 7th MARCH from 2:45pm - 5pm
THURSDAY, 14th MARCH from 3:30pm-4:30pm



If you wish to join please do not hesitate to contact your Health Promotion Officer to find out more information about the wellbeing session (08) 9172 0446 or Email: jenelab@wmhsac.com

