

## Welcome

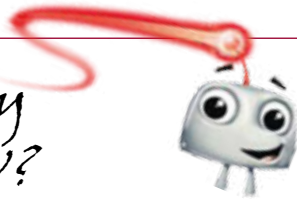
Welcome to the September 2010 edition of Nunyarara News.

Did you know that the television service in Whyalla will be changing from analog to digital only on 15 December this year? Please read the article below to ensure you still get TV.

In this issue there's also some news about the Tjurni Miminis Birthing Program, the return of whooping cough, as well as the dangers of sniffing and the adverse effects it has on children.

If you have any news or views you'd like to share in the next edition of Nunyarara News, please call Kerry King, Administration Officer, on 8649 4366.

## Are you READY for DIGITAL TV?



On 15 December 2010, the television service in Whyalla will change from analog to digital only.

So it's important to prepare now to ensure your TV still works when the switchover is complete.

Other areas in regional South Australia are also switching along with Whyalla on this date.

The Digital Switchover is happening all over Australia during the next few years as Australia changes from analog to digital TV. Digital TV offers more channels, better picture and improved sound quality.

Dreamtime Public Relations has been appointed by the Department of Broadband, Communications and the Digital Economy to liaise with Aboriginal communities in the switchover areas, and will be coming to Whyalla to speak with community members on 5 November, so feel free to join in.

### You are invited:

- 5 November, 10.00am Women's Group Presentation
- 5 November, 12.30pm Sausage Sizzle

### Where:

Nunyarara Wellbeing Centre Inc.

Dreamtime will answer any queries you may have and outline **7 Easy Steps to ensure you still get TV** as follows:

1. If you live in one of the **areas on the map**, your TV service is **changing to digital** only on 15 December 2010.
2. If your television is already **digital** or you are using a set top box connected to your analog TV, you should be **fine**.
3. If your television is **analog**, you will need to **buy a digital set top box or digital TV recorder** for each analog TV OR buy a **Digital TV**.
4. If you need help to get digital ready, talk to your nearest TV shop about your options.
5. If your current analog picture is good, your digital picture should be fine as well. If your picture is not as good as you would like, **call an antenna installer** in your area about an upgrade.
6. You might be eligible for the **Household Assistance Scheme** to switch to digital TV if you or your partner own a working TV, can't watch digital TV and get the **maximum rate** of:
  - Age Pension
  - Disability Support Pension
  - Carers Payment
  - Veterans' Service Pension
  - Veterans Income Support Supplement Payment



To check if you are eligible for the Household Assistance Scheme call Centrelink on 1800 55 64 43 OR visit a Centrelink office.

7. To find out more about Digital Switchover visit: **www.digitalready.gov.au** or call the **Digital Switchover Liaison Officer** for Whyalla, Ian Reschke, on 1800 20 10 13.

Posters and brochures will also be available at Nunyarara Wellbeing Centre from 22 October.



## Profile - Kerry King Administration Officer



Kerry King began as Administration Officer with Nunyara Wellbeing Centre in March this year.

She was born in Whyalla but lived in Kimba until the age of 4 and attended the Whyalla Town Primary School and Whyalla High School. Kerry has lived in Whyalla most of her life with a few years away in Adelaide, Mannum and Roxby Downs.

Kerry has two children, Deanna who works and Scott who is studying at university to be a teacher.

She enjoys meeting new people and has already made friends at Nunyara with both staff and local community members. Her hobbies include gardening, reading, knitting, crocheting and craft work.

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*'Working together to improve  
our health - our way'*

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### Nunyara News

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## Sniffing Damages the Wellbeing of Children

Inhalant misuse in the community is a difficult problem to tackle as no-one knows what people are using until a family member mentions the misuse to others. Sometimes it's highly visible, then dies down and at other times family members talk to service providers for help because it's become a relationship problem within the family.

Personal lives change and affect others around them, especially brothers, sisters, mother, father and grandparents. We know that parents who are misusing inhalants, affect the social behaviour within the home and this can be very damaging to the wellbeing of their children's growth and learning ability.

Some of the signs you may be able to recognise are:

- Family conflict forcing young people out of home in the evenings.
- Stealing.
- Lack of school attendance.
- New type of friends; hanging out with people with nothing to do.
- Body language; signs of facial and skin problems.
- Weight loss, never home for a meal, eating on the run.
- Giving up community activities such as sports.
- Being disrespectful to the family and others.

Nunyara Wellbeing Centre provides support for inhalant misuse issues and also advocates on behalf of clients by making contact with relevant service providers.

For further assistance contact:

Frank Jangala-Peltharre Laughton  
Aboriginal Men's Health Worker  
[frank.laughton@health.sa.gov.au](mailto:frank.laughton@health.sa.gov.au)

Reggie Betts  
Trainee Aboriginal Health Worker  
[reggie.betts@health.sa.gov.au](mailto:reggie.betts@health.sa.gov.au)



## Whooping Cough is at Epidemic Proportions Again!

### What is Whooping Cough?

- Whooping cough is an acute, highly infectious respiratory infection.
- It commonly affects infants and young children but can be prevented by immunisation.
- Adults may develop whooping cough as their immunity from childhood vaccines wears off over time.
- Symptoms occur in three stages with the bursts of coughing occurring in the second stage.
- Antibiotics can help reduce the severity of whooping cough when given in the early stages.

### What are Whooping Cough Symptoms, Signs, and Stages?

The **first stage** of whooping cough usually lasts one to two weeks with the following symptoms:

- Runny nose.
- Sneezing.
- Low-grade fever.
- Mild occasional cough similar to the common cold.

The cough gradually becomes worse and after one to two weeks the second stage begins. It's during this stage that whooping cough is usually diagnosed.

The symptoms of the **second stage** are:

- Bursts of coughing or rapid coughs. Coughing increases during the first one to two weeks, remains constant for two to three weeks and then gradually begins to decrease.
- At the end of the bursts of rapid coughs, a long breath is usually followed by a high-pitched 'whoop' sound.
- During an attack, the person may turn blue from lack of oxygen.
- Children and young infants look ill and distressed.
- Vomiting and exhaustion can follow the coughing.
- The person usually appears normal between coughing.
- Rapid coughing attacks occur more often at night.
- The rapid coughing stage usually lasts one to six weeks but may continue up to 10 weeks.
- Infants under 6 months of age may not have the strength to have a whoop but will have rapid coughing.

The **third stage** of whooping cough is the recovery stage. This stage is gradual with the cough becoming less and disappearing over two to three weeks. However, rapid coughing often recurs with more respiratory infections for many months.

### How is Whooping Cough Transmitted?

Whooping cough is highly infectious and is spread among people through coughing, sneezing or other nose and mouth contact.

People who do not regularly wash their hands are more likely get whooping cough after being in contact with an infected person.

### How Can I Protect Myself?

You can protect yourself by getting a vaccination. Please contact the clinic on 8649 4366 to make an appointment.

## Tjurni Miminis Birthing Program

Welcome to Doneshia Maree Calgaret, born on 16 August 2010 to Ida Calgaret, weighing 8lb 2oz. Congratulations Ida!

Sonia, Ida and Robyn have been very busy and creative with the young mums in their group:

**Sewing Skills:** They have recently made fabulous bean bags with the help of dedicated volunteers, Judy Griffin and Anne Maxwell, who brought in the sewing machine and overlocker and showed everyone how to cut out their pattern and put it all together.

**Scrap Booking:** A regular craft taught by Lisette Fisher which has been a great success with the participants.

**Guest Speakers:** Guest speakers present to the Group regularly on a variety of subjects. Margo from Centacare recently attended to talk about domestic violence and Hellene has given advice on safe sleeping.

### Coming Up

**Cooking with Bruce Ledo:** Bruce from the Whyalla High School would like to offer his time and expertise to share some great healthy recipes and encourage the Group to explore new tastes.

**Designing Posters:** The girls are going to get artistic and use their own experience to help design some new and innovative posters for the AMIC Group.

### When the Group is Held

The Group starts at 11.00am on Thursdays and runs until 2.00 pm. Lunch is provided and regular guest speakers attend.

Anyone interested in joining, please contact Sonia, Robyn or Ida at Nunyarra on 8649 4366.



## Our Services

### Medical Clinics

Nunyarara has a visiting Doctor who consults regularly.

### Nursing Services

A full-time nurse is available to provide diabetes education, wound dressing, immunisations, screenings, advice and general health information.

### Tjilby Tjuta Mens Group

The Mens Group meets regularly to share information on a range of topics while fishing, camping or just talking about men's business.

### Whyalla Aboriginal Elders Group

The Elders Group meets monthly at Nunyarara and welcomes new members.

### Aboriginal Health Workers

Aboriginal Health Workers provide liaison, advocacy and clinical services and are often the first point of contact.

### Minya Gidgagu Playgroup

Parents and carers are encouraged to bring their children aged up to 5 years to Playgroup on Wednesdays. Exciting and stimulating activities are provided as well as lunch.

### Well Women's Clinic

Pregnancy testing, STD checks, smear tests and other information and advice are available for women.

### Transport

Transport can be arranged for medical appointments, x-rays and other matters related to health and wellbeing.

### Health Promotion

Health is promoted within schools, other organisations and the public.

### Sexual Health

No appointment is necessary to see the nurse or Aboriginal Health Worker about sexual health issues.

### Visiting Services

Specialists visit Nunyarara on a regular basis. Appointments can be made to see the Mental Health Worker, Dietitian and Podiatrist.

### Advocacy & Support

Nunyarara can arrange advocacy and referrals to other organisations and programs including housing, ambulance, Centrelink and financial services.

### Tjurni Miminis

An antenatal program is provided for Aboriginal women in a friendly environment with Aboriginal Maternal Infant Care workers and midwives who provide specific support and information throughout pregnancy and beyond.

## Information for Pregnant Women about FLUVAX



### Did You Know?

- Pregnancy increases your risk of developing serious complications from the flu.
- Pregnant women have a higher risk of complications because their immune system is not as strong during pregnancy and their bigger size can make breathing more difficult.
- The best way to avoid getting the flu is to get vaccinated each year.

## Where Are We?

Nunyarara Wellbeing Centre is located at 17-23 Tully Street, Whyalla Stuart. The entry and car park is on Booth Street.

Transport is available to attend all clinics.

Bookings can be made by phoning 8649 4366 at least 24 hours prior to transport being required.

[www.nunyarara.org.au](http://www.nunyarara.org.au)

