



Staff and Board Members at the annual strategic planning day

Welcome

Nunyarara has been extremely busy these past few months establishing new programs and services as well as developing our next strategic plan. On Wednesday 22 April, enthused staff and Board members gathered together in the Mirambeena Convention room for our annual strategic planning day.

The event gave everyone a chance to put forward new ideas, options and possibilities to improve holistic health services for Aboriginal people in Whyalla.

Lisa Brown Campbell and Anna Jacobs facilitated the planning day and provided synergy to the event as well as a wealth of historical knowledge relating to the community.

Twenty-three people attended and through group exercises and discussion, contributed to fresh ideas, goals and aims for the ongoing future success of Nunyarara.

Domain themes and plan development of services (growth and cultural inclusion), governance, linkages and coordination, staffing and community involvement were all addressed and worked on during the day's agenda.

The general consensus was that Aboriginal Health Services in Whyalla have come a long way since the early 1990's when only one Aboriginal Health Worker was responsible for the whole community.

Cindy Zbierski, Manager of Nunyarara, said she was "Impressed with the great level of support and innovative thinking shown by all who attended and how they contributed in very positive ways."

The thinking about expansion and growth to include not only health as a priority was explored and accepted. The inclusion of employment, education, early childhood, involvement in state and national issues was seen as a starting point to expand the work that Nunyarara do.

Nunyarara is considered, throughout the state, to be a very good example of what can be positively and efficiently achieved by an

Aboriginal Community Controlled Health Service – 'by the people and for the people.'

New plans and major development ideas recorded on the planning day will now form the 2009-2011 Strategic Plan which will aim to see Nunyarara providing even more services, pathways, and advocacy for clients.

Swine Flu Update

In May, Nunyarara held an information session about 'swine flu' because of our concern about the lack of understandable information surrounding the influenza.

A powerpoint presentation outlining the need for respiratory health and hygiene was delivered to the community. The presentation was adapted from one delivered by Dr Annapurna, an Aboriginal Health Council of SA Inc. (AHCSA) public health doctor.

The importance of using good hand hygiene principles whether by using a sanitizer with alcohol or just simply washing your hands with soap and water frequently, and cough/sneeze etiquette, were outlined as per the Wash, Wipe, Cover Don't Infect Another campaign.

The risks of catching 'swine flu' can be minimised by having the seasonal flu vaccination; limiting exposure to people who have the flu; and if you have the flu, limiting your exposure to family and friends.



Swine Flu information session

Nunuyara Board

Nunuyara Wellbeing Centre held its Annual General Meeting on 25 September 2008. 25 community representatives attended and the following board members were appointed:

Jenny Dunn
Chairperson

Wilhelmine Lieberwirth
Executive

Les Taylor
Executive

Lance Champion
Board Member

Nicole Carter
Board Member

Rose Hillman
Board Member

Anthony Hirschhausen
Board Member

Sonia Champion
Deputy Member

Edwin Peel
Deputy Member

Brenda Carter
Staff Representative

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

Nunuyara News

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Education Visit to Nunuyara

Larry Higgins, Aboriginal Education Coordinator for the Far North & Aboriginal Lands Region was a guest speaker at the Nunuyara Board Meeting in June.

Mr Higgins works with and supports Aboriginal Education Teachers or site leaders to assist with the improvement of educational outcomes for Aboriginal children and students, as well as promotes the Department of Education & Children's Services (DECS) Aboriginal Strategy 2005-2010. He is based in Port Augusta at the DECS District Office.

Mr Higgins spoke to Board Members about the Aboriginal Education 'Reshaping for Results' program including impending changes planned for education in the local areas, and explained how schools will be combined to make up 'Super Schools'. These new plans are currently being investigated in our community as a major proposal.

In the future, Whyalla Districts will be Eyre & Western Region and will include Port Lincoln, Ceduna, Yalata and Kooniba. Current zoned education boundaries are being reduced from 16 major areas to 12 major regions. Previously, Whyalla came under the Port Augusta & Northern District.

Mr Higgins also held a brief discussion on the roles of Aboriginal Community Education Officers (ACEO) and the systems in place to encourage and support Aboriginal students to a successful education pathway. Equal education opportunities and the benefits of a just learning environment are important to all students in all schools.



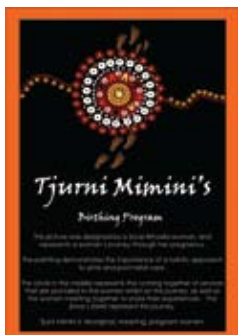
Larry Higgins visit

Aboriginal Family Birthing Program Expands

In January 2004, the Country Health SA (CHSA) Whyalla Hospital in partnership with Nunuyara Wellbeing Centre established a targeted alternative maternity service for Aboriginal women. The new service aims to ensure Aboriginal women:

- Receive effective antenatal care (including a minimum of seven antenatal visits) by a trained Aboriginal Maternal Infant Care (AMIC) worker in partnership with a Midwife and GP/Obstetrician.

- Gave birth to babies of normal birth weight (above 2500 gms).
- Breastfed their babies.
- Stopped or reduced smoking.
- Received important information about good nutrition during pregnancy.



The service called 'Whyalla Family Birthing Program' commenced in 2004 and created a unique opportunity for Aboriginal women to be cared for by Aboriginal women (AMIC workers) during pregnancy, birth and the post natal period (6-8 weeks).

The program also offers the service to teenage mothers who are not Aboriginal due to the high number of teenage births.

The success of the 'Whyalla Family Birthing Program' is a credit to the commitment of the program staff and leadership in each organisation. The program has been acknowledged in the Council of Australian Governments (COAG) Early Childhood Agenda for South Australia and the South Australian Strategic Plan's Outcomes Framework.

The CHSA Aboriginal Family Birthing Program has been successful in securing funding through the COAG National Partnership for Indigenous Early Childhood and the Office for Aboriginal & Torres Strait Islander Health (OATSIH) New Direction's Mothers & Babies Initiative resulting in an increased service in Whyalla from 10 up to 30 Aboriginal births per year.

In addition to increased service capacity, a new nationally accredited Certificate IV in AMIC has been created and an agreement reached with AHCSA to lead the delivery of training to the AMIC workforce.

For more information, contact Greg Bailey, Senior Early Childhood Consultant, CHSA on 8648 5818 or 0427 000 475.



Nunyarra Chairperson Jenny Dunn and CHSA Senior Early Childhood Consultant Greg Bailey signing the new service agreement to expand the birthing program at Whyalla

New 'Minya Gidjagu' Playgroup

Minya Gidjagu is Aboriginal language meaning 'Little Kids' and a new playgroup for Aboriginal children under five years of age has been established in Whyalla using this name.

It is the first program of its kind funded in South Australia.

The Playgroup Coordinator is Anita Taylor, a Barngarla woman, mother of three beautiful girls and grandmother of six. She has lived in Whyalla for the past 25 years and worked in a number of roles involving child care, pre-schools and primary schools.

Anita has a passion for the Aboriginal community in Whyalla and is keen to get kids started on the pathway to education and learning through the Minya Gidjagu Playgroup.

The logo pictured has significant meaning. The sun above represents the learning wheel and encompasses the beginning of the pathway to education and learning. The wheel traditionally has long, medium and short lines that represent the stages of development. The sun for Aboriginal people represents the river of life and its symbolism is very important.

The family above are walking toward the sun (learning wheel) to attend Minya Gidjagu with the older children represented in pink and yellow, to introduce playgroup activities to the younger child in green for the first time. Baby in the pram also enjoys playgroup as he can interact with other babies and families and begin the learning journey.



NAIDOC Week, 5-12 July 2009

This year's theme for NAIDOC Week is 'Honouring our Elders, Nurturing our Youth' and Nunyarra has planned a range of activities to celebrate this (see Page 4).

The theme "will focus our thoughts on the special custodians of our land, lore and culture. It will highlight the importance of our Elders and the role they play in our communities. It acknowledges their contribution and helps us to remember those Elders who are celebrating with us in spirit. This theme also holds up the next generation as the future custodians of this great land and encourages us all to ensure that they are guided towards a future that is positive and rewarding not just to Aboriginal people, but to all Australians."

For more information see <http://www.naidocsa.com/>

Celebrate NAIDOC - Honouring Our Elders, Nurturing Our Youth

Sunday 5 July, 11.00am

Church Service
Lutheran Church, Lewthwaite Street

Monday 7 July, 11.00am

March from Nunuyara to Civic Park
Flag Raising Ceremony
Traditional Welcome and Mayoral Opening of NAIDOC Week
Kanagroo Sausage Sizzle
Civic Park, Nicolson Ave

Friday 10 July, 10.00am-2.00pm

Fun Day at Civic Park

- Jumping Castle
- Sausage Sizzle
- Give-Aways
- NAIDOC Cake
- Traditional Cooking Demonstration
- Film of Kanyini
- Housing SA
- Child Health & Development Team
- The Smith Family
- Story Telling
- Boomerang Making
- Didgeridoo Playing
- Rock Painting
- Community Foodies
- SA Police
- Be Active SA
- SA Dental
- Family Day Care
- Disability SA

Friday 10 July, 6.30pm

Formal Dinner
Tickets Available at Westland Hotel
or Nunuyara @ \$35.00 each.



Wayne's Moving Back to WA

One of the founding members of Nunuyara Wellbeing Centre Inc. is moving on to the next chapter of his life.

Local resident, Wayne Champion, originally from the goldfields in Western Australia, has been residing in Whyalla since 1992. He moved here from Alice Springs in the 1990s and has thoroughly enjoyed his time in the local community and working with Nunuyara Manager Cindy Zbierski, staff and Board Members. Family ties are calling though and Wayne is heading back to the Kalgoorlie area to reconnect with his family.

Looking back, having worked as a relief Aboriginal Health Worker when Nunuyara services were based at the Community Health Service on Nicolson Ave some time ago, Wayne has seen the health services for Indigenous people in Whyalla come a significant way. Also, when he was recently employed by Spencer Gulf Rural Health Service, for a project study, Wayne utilised his skills and knowledge as a Research Assistant with the overall aim of improving services for Aboriginal people.

Wayne is truly passionate about his work in the health area and is proud of Nunuyara's current services and their vision to become a 'hub' for existing and extended services required by the community. The management and staff of Nunuyara, who have appreciated his time and efforts, will miss Wayne's input at Board Meetings.

He said "I hope to see Aboriginal men's health issues, dental services and mental health, and treatment availability vastly improve in the future. Even if these issues are just put on the government's agenda that would be a huge step."

In closing, Wayne hopes that Nunuyara will grow to provide services on par with Aboriginal health services provided in Port Lincoln.

While Wayne's time is coming to an end in Whyalla, he is planning to work in health promotions in Western Australia and continue his passion to improve health services for his people.