

Nunyarra News

March 2017

Nunyarra Aboriginal Health Service Newsletter



Newsletter makes its return

Based on client feedback, Nunyarra has decided to republish a newsletter in order to keep the community informed on what is happening at their health service.

The newsletter will be at this stage published 3—4 times per year depending on workloads. If there is any topics you would like to see published in the newsletter please contact Julia at Nunyarra on 8649 9900.

Update on Dr Rick Hambour—

GET WELL SOON

Dr Rick Hambour is currently on at least 6 months sick leave. The situation is urgent for him and his family, and Dr Rick must undergo Radiotherapy for 6 weeks and then rest for 6 weeks. After that he will have a large abdominal operation. **But his prognosis is very good :)** and both Dr Rick and his wife are very positive about his health outcome.

Unfortunately this has left Nunyarra without Dr Rick probably until the end of the year. So, Nunyarra is moving toward on our long term goal of employing a full time doctor, and we are actively looking and talking to potential Doctors at the moment. **In the meantime, we will be using short term visiting doctors as needed in order to provide a medical service to you.**

Nunyarra staff would like to thank clients for their patience and understanding whilst this is being sorted. **We all wish Dr Rick and his family all the best and we have a card you can sign with your message to him if you like.** Dr Rick will still be able to come back if his health permits, and Dr Krista will continue her fortnightly visits.

Please talk with staff if this situation has upset you and you feel you are not moving past it, because we realise that this has been another loss (although temporary) for our community.





COMMUNITY CONNECTIONS DAY 2016

On December 2, 2016, Nunyara hosted their first Community Connections Day in order to promote our health service and the new programs we now have available.

This included the Tackling Indigenous Smoking program, where people had the chance to meet TIS officer Zena Wingfield, and the superhero 'Puya Blaster'. More than 40 people also tried the 'smokalyser' in order to test their lung capacity.



Healthy Ears and Eyes was another focus of the day, as we now have a employed Outreach Service Coordinator Jane Baulderstone to provide more support to this important area. A number of specialists from Adelaide, including audiologists, were on hand on Community Connections day to perform kids ear and eye checks, with around 40 children taking advantage of this opportunity to be tested.

There was also a lot of fun activities available on the day with the crowd enjoying live music, food, tea and coffee, with face painting and a photo both also popular.

A number of prizes were on offer after completing health checks or the 'Have Your Say' survey which gave Nunyara some excellent feedback for improvements in the future.

Around 120 people attended the day, which was very well received by the community and as a result another event will be held in 2017, with more information to come in future newsletters.



Helping to Tackle Smoking

Nunyarra Aboriginal Health Service is lucky to have been able to recruit a Tackling Indigenous Smoking Project Officer last year. The position is one of a handful throughout the State funded by Aboriginal Health Council of South Australia Inc. Zena Wingfield won the position, and she commenced with Nunyarra on the 26th September 2016.

Previously Zena has acted in the Manager Aboriginal Health CHSA position, undertaken Project /Promotions and Aboriginal Liaison work for Whyalla Hospital, been a Project Facilitator for UniSA in the Shape Up for LIFE Program, and worked for 5 years as an Aboriginal Community Education Officer within DECD.

Zena has Cert III in Aboriginal Primary Health Care and has undertaken both the Flinders and Stanford Models of Chronic Disease Self Management. Zena is currently the SA Aboriginal Education and Training Consultative Council Director, and the Chair of the Whyalla High School Governing Committee in voluntary capacities.

CURRENT NUNYARA STAFF

CEO: - Cindy Zbierski

CLINICAL STAFF:

Practice Manager: - Deb Hanley

Clinic Coordinator/RN: - Di Schultz

Aboriginal Health - Robyn Taylor

Workers: - Jeremy Coaby

AMIC practitioner: - Tahnee Jackson

Transport Officer: -Murray Smith

Clinic Receptionist: -Barb Fullerton

Outreach Services -Jane

Coordinator: Boulderstone

Environmental Health: -Dylan Warren

Tackling Smoking: -Zena Wingfield

ADMINISTRATION STAFF:

Admin/Finance

Coordinator: -Melissa Wilson

Admin/Payroll: -Julia Gray

IT: -Dan Kyr

Zena is responsible to deliver a culturally appropriate smoking cessation and referral program to individuals, promote Smoke Free Workplaces and Homes, and to work in conjunction with local, regional and Statewide stakeholders to advocate and promote Community understanding of the benefits of Smoke Free environments. Zena will provide a high standard of care for individuals, and network across organisations to implement, promote, and improve on existing Smoke Free strategies. She can be contacted on 86 499900, or via email Zena.wingfield@nunyarra.org.au



DATES TO REMEMBER & UPCOMING EVENTS

CONFIRMED DOCTOR DATES

Dr Nick Williams 29th and 30th March

Dr Krista Maier 27th March

10th April

24th April

8th May

22nd May

5th June

19th June

3rd July

17th July

31st July

MULTI D DAY

Multi D Day is held on the third Tuesday of each month.

WHYALLA ABORIGINAL ELDERS GROUP

New members are invited to attend the monthly Whyalla Aboriginal Elders Group gathering. This is held on the second Tuesday of each month at Nunyara between 10am –1pm, and is an great opportunity to meet new people and have a yarn. Guest speakers often also attend to discuss various relevant topics. Please contact Julia on (08) 8649 9900 for further information.

Upcoming Elders group dates:

- April 11, 2017 - June 13, 2017

- May 9, 2017 - July 11, 2017

Nunyara Aboriginal Health Service Inc

17-27 Tully Street

WHYALLA STUART SA 5608

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www.Nunyara.org.au

OPENING TIMES

8.30am until 5.00pm

weekdays.

