

Nunyarra Board

Nunyarra 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

Anita Taylor
Board Member

Nicole Carter
Board Member

Rose Hillman
Board Member

Anthony Hirschausen
Board Member

Sonia Champion
Deputy Member

Edwin Peel
Deputy Member

Brenda Carter
Staff Representative

'Working together to improve our health – our way'

Nunyarra News

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Presentation at 2008 State Gathering

Community Foodies Volunteers Maree Ellis and Ida Calgaret attended the State Aboriginal Women's Gathering in Adelaide on 22-24 October. The Women's Gathering brings together women from across the State to discuss issues that affect their community, what recommendations to make to the Government, and how they want to deal with the issues.

One of the issues Maree focused on was nutrition and how it affects health and wellbeing. "As Community Foodies, we not only talk to groups about the Australian Guide to Healthy Eating but also about shopping on a budget, reading food labels, food preparation and hygiene and anything else related to food and nutrition," she said.

Maree and Ida also promoted what they do to the Aboriginal women who attended their Presentation Workshop at the Gathering. There were 10 women in the group plus others who passed by. They spoke to the group about what Community Foodies can do for their community, about the importance of the partnerships between their steering committee and other organisations, and how they can be involved.

At the end of the presentation, the women provided Maree and Ida with some great ideas and suggestions around incorporating bush tucker into the Australian Guide to Healthy Eating.

AHCSA visits Nunyarra

On 22 October, Glen Giles from the Aboriginal Health Council of SA Inc. (AHCSA) gave a presentation to Nunyarra Wellbeing Board members about the Centre of Clinical Research Excellence (CCRE).



L-R: Anthony Hirschausen, Cindy Zbierski, Anita Taylor, Sonia Champion, Brenda Carter, Les Taylor, Jenny Dunn, Glen Giles, Wayne Champion and Wilhelmine Lieberwirth

The CCRE finishes at the end of 2008 but before doing so they wished to visit each Aboriginal Community Controlled Health Service to find out what their research priorities are, potential research questions and projects related to these priorities. The consultations will be useful for AHCSA and the sector to start a database of information that could link communities and organisations with

researchers. The information would also be used to advocate for building the research capacity of the Aboriginal community health sector.

Cindy Zbierski said she felt the discussions were successful with some excellent ideas put forward on the day including the suggestion to screen research activities through AHCSA to allow for ethical, appropriate and useful research to be undertaken in Aboriginal Community Controlled Health Services throughout the State.

Men's Group Go Camping at Coorabie

The Tjilpi Tjuta Men's group at Nunyarra were invited by Drug and Alcohol Services South Australia and the Aboriginal Drug and Alcohol Council to join other Aboriginal men's groups around the State on a weeks camping trip to Coorabie in late October.

Coorabie is Wirangu Country located 170km west of Ceduna. The campsite was at the old Coorabie school and around 60 men attended.

The 'Whyalla mob' arrived about 8pm on Monday night after travelling all day. On the following morning they had a meeting in the mess tent where they discussed the events for the week and speakers.

Throughout the week, the theme was focused on families and the importance of land and belonging. "Peter Griffin, Aboriginal Men's Health Worker at Nunyarra Wellbeing Centre said, "We spoke of what it's like for kids when Mums and Dads separate, and how men could make it easier for their kids and families involved in separation. It was also good to see all men contributing to the discussion. We did some fishing, hunting, site seeing and 4 wheel driving. Overall the week was fantastic and although tired, we are anticipating the event next year."

The Men's Group meets every fortnight and numbers are growing. They enjoy social events like fishing and BBQ's, and some workshops such as the recent positive parenting session which included a DVD and round-table discussion.



Men's Group at Coorabie

Hinck's Avenue School presents Nunyarra with Memento for School Run

In October 2007, Peter Griffin commenced a school run for Hinck's Avenue Primary School. The run has been a great success resulting in a significant improvement in Aboriginal children's attendance and retention at the school.

At Nunyarra's Annual General Meeting, Anita Taylor from Hinck's Avenue School presented Nunyarra with a memento of thanks and to signify one year of working together.

Cindy Zbierski wrote a thank you letter to the school saying "We have thoroughly enjoyed working with yourself and your staff and we hope that this arrangement can continue in the future."



Anita Taylor presenting Nunyarra with a Memento of Thanks



Anita Taylor pictured with Wilhelmine Lieberwirth and Cindy Zbierski

All Welcome to Health Clinic!

Everyone is welcome to attend Nunuyara Health Clinic for the following services:

- Diabetes - Assessment, Education, Hba1c - 3 month test
- General Health Check - Blood Pressure, Weight, Ears & Eyes, ECG Blood test
- Sexual Health Check - at your discretion

In fact, anything you would like to yarn about! So come in and see your Health Care Team. We're at the Clinic Monday to Friday from 8:30am to 5:00pm.



Kiya Dunn, Brenda Carter and Kayna Dunn

MO Consultations

In November, Dr David Scrim, MO from the Aboriginal Health Council of SA consulted from Nunuyara and saw 26 patients over two days. Most of the consultations were child health checks. Referral and follow-up will be conducted by Lorna, Registered Nurse at Nunuyara.

For more information see
www.nunuyara.org.au



Renovated Nunuyara Health Clinic



Kiya on a swing at Nunuyara

Welcome New Staff for 2009

Nunuyara Wellbeing Centre is pleased to welcome Alice Saunders who will be working 0.5FTE on the Healthy Ways project. Healthy Ways is a Country Health SA project and is part of the Aust Better Health Initiative.

Alice joins a team of colleagues from across the region who are focusing on:

- Ensuring healthy, safe, affordable and acceptable food is available to the community.
- Building community support for breastfeeding.
- Developing programs for healthy eating and physical activity for young women.

We also welcome Melissa Stewart who will be undertaking a full time administration traineeship.

Merry Christmas
& Happy New Year
from everyone at Nunuyara!



Nunuyara Wellbeing Centre Inc. would like to wish you all a very Merry Christmas and a Happy New Year.

We will be closed for the Christmas period from Monday 22 December and will re-open on Monday 5 January 2009.

If you have an emergency situation, please phone the Whyalla Hospital on 8648 8300.

Otherwise, we look forward to seeing you all in 2009!

Nunuyara Wellbeing Centre gets Facelift

Nunuyara Wellbeing Centre Inc. has received a well-needed facelift to the front of the building. The tired front garden also received a massive boost after the centre enlisted the services of local gardening company Kev's Mowing and Landscaping.

"We wanted to clear the yard and install a more efficient garden while lifting the appearance of the area," Nunuyara Aboriginal Maternity and Infant Care worker Sonia Beattie said.

"The boys have put in drought resistant plants and shrubs which have been complemented by the laying of bark-chips."

Centre Manager Cindy Zbierski said the upgrade was long overdue. "The front area of the building has remained unattended since the Centre's inception in 2000," she said.

"It took about three days to finish and it really has made a huge difference. We're very happy with the end result," Cindy added.

Nunuyara provides culturally appropriate primary health care and health promotion programs for Whyalla's Aboriginal community including education and advice to help families access the services they need from government and mainstream services.

For further information, please contact the centre on 8649 4366.

Nunuyara Hosts SA Health Minister John Hill



Minister John Hill

Nunuyara Wellbeing Centre was pleased to host SA Health Minister John Hill on 28 October.

Minister John Hill was in town to officially open a community-run health information centre at the Whyalla Hospital called 'Health In Our Hands' and accepted an invitation from Nunuyara Manager Cindy Zbierski to tour the Centre.

Community members and management welcomed him along with his advisor, Natalie Rutherford.

Minister Hill said his government was keen to adopt an Aboriginal community controlled health services model.

"The outcome is better if the services are controlled by the community," he said. "It works better with the community; I think it's the right model."

Minister Hill went on to say that he is committed to help raising the life expectancy of Indigenous Australians. "A very strong local run Aboriginal health service and making sure other services are Aboriginal friendly will help," he said. "The point is if Aboriginal people who drink and smoke and eat unhealthily, and this goes for anyone, will have shorter lives."

He spoke briefly about the Centre's Aboriginal Maternity and Infant Care program. "There are good indicators that birth weight is increasing. It is important for health workers to interact with mothers early to ensure a safe and healthy pregnancy," he said.

Minister Hill was clearly impressed with the layout and design of the Nunuyara Wellbeing Centre. "It's one of the best conversions I've ever seen. It's light, airy and has a beautiful garden, I'm very pleased," he commented.

Minister Hill travelled to other towns in the region following his visit to Nunuyara.