

## Congratulations flow in ...

Congratulations... Nunyarra Well Being Centre Inc. staff and all those who were involved in the application for the Phase II Healthy for Life. This is a tremendous achievement which will benefit the Whyalla Community. Well done!

Absolutely agree Well Done... and congratulations to all at Nunyarra this is an excellent outcome, Well Done.

Congratulations, looking forward to seeing this concept develop.

Congratulations and well done!!!

This really will be a bonus to Aboriginal Health in Whyalla.

Congratulations... it's your dedication and persistence with the struggle for the Whyalla Aboriginal community that is always evident.

This is fantastic news. Please pass on my congratulations to all staff and the Board at Nunyarra as I know that this has been a huge amount of work for you all but will now benefit the whole Aboriginal community in Whyalla.

That is fantastic news... well done!... J

Congratulations and well done... You deserve this success. All of the Tauondi Community including the council and the Chairperson Professor Peter Buckskin send their congratulations.

Congratulations... a very good outcome for Nunyarra. Please let me know if there is anything I can do to assist as you role out the program.

That's excellent news. Congratulations to you all! Lots of hard work paid off.

A big CONGRATULATIONS to Nunyarra and all who helped. This will be great for the Community. AHCSA looks forward to supporting in any way we can.

Congratulations!!

Great news.

Congratulations... and to all your supporters. We are looking forward to being a part of training support in the years to come...

Well done... this is a monumental achievement and I believe will be a launching point for Nunyarra to take off with service provision for the Whyalla and surrounding community. Fantastic!!!

## Antenatal & Postnatal Care

AMIC Workers: Sonia Beattie, and Jacqui Doolan  
Community Midwives: Helene, Sandra, and Caz

The Antenatal Program provides information and health services to pregnant women in the Whyalla Aboriginal community. The AMIC workers from Whyalla and Port Augusta meet regularly to discuss issues around maternal health and how they can improve the health and wellbeing of mothers and unborn babies.



Antenatal Care

During March, Nunyarra held a postnatal group to bring together the mothers who were initially on the AMIC Program.

The midwife spoke to the mums about safe sleeping and parents indicated that they got a lot out of it. We also had lunch with the mums and babies, and mums asked lots of questions.

They were very happy to get back together as a group and show off their new gidjas. It was also good for them to get out of the house and spend time with other mothers and babies, and share stories.

Nunyarra is now organising for the group to become a monthly program.



Postnatal Care

## MACK

The Male Aboriginal Carers of Kids (MACK) program helps male parents and carers discover and learn how valuable they are to their kids.

MACK aims to help make being a Dad or carer easier by sharing ideas with other Dads and carers and explores new ways to enjoy being with our kids.

Nunyarra understands that being a male Aboriginal carer for kids is one of the most important things that a person will ever do.

By providing this program, we can encourage development of relationships and we can come together in an environment that people are familiar with to learn through methods that are relevant to us.

Light refreshments and transport are provided and you can contact Pete Griffin at Nunyarra if you or someone you know is interested in attending.

This program is a joint initiative between Nunyarra and the University of South Australia Whyalla campus.

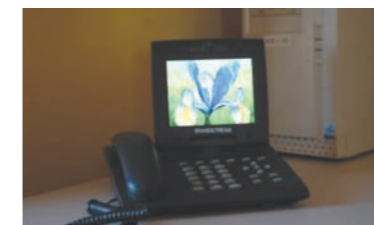
## Tjilpi Tjuta Mens Group

This group brings together men of all ages around Whyalla to share information and discuss men's health issues. There are a number of activities planned for the year. Contact Leonard at Nunyarra for more information.

## Counselling Service

If anyone would like to talk with Anna from the Community Mental Health team, please feel free to ring Nunyarra and make a booking with Maree or Leonard. Anna is a wonderful and skilled counsellor who has many years experience and staff at Nunyarra are excited about working with her.

## Video Phone



Nunyarra has been given a Video Phone from the Women's and Children's Hospital. This phone gives outpatients from the Women's & Children's who live in Whyalla an opportunity to talk face to face with doctors, nurses and other specialists regarding their medical situation.

It is anticipated that we will be able to let families use the phone to talk with relatives in hospital without having to leave town.

We are very thrilled that Nunyarra has been given the opportunity to have such a phone, as this will help us communicate more effectively with hospitals and health services throughout the region.

## Community Foodies

The Community Foodies Program started in 2001 and there are 10 sites across SA. The Whyalla Community Health Centre is one of these sites and they approached Nunyarra about offering the program in the local Aboriginal community. We will work together to



Community Foodies

offer the program to our community and we are mindful of, and will advocate for, cultural respect and safety in delivering the program.

The program is for people on limited incomes and helps them to budget with information on how to save money, cheap handy hints & tips, and cooking nutritious daily meals.

Sessions also provide opportunities for discussion, cooking demonstrations and practical cooking activities. Maree, Peter and Ida are undertaking the 6 week training.

Community Foodies are trained volunteers who are involved in different nutrition related activities at school canteens, breakfast clubs, kindergartens, community centres, shopping centres and community vegetable gardens - almost anywhere they can help improve the health of their local communities!

Foodies are advocates for improving nutrition in the community and act as role models for community members on cooking, budgeting and life skills. A Community Foodie should have an interest in food and wellbeing and want to contribute to their community in a fun way.

## Elders Group

The Whyalla Aboriginal Elders Group provides social and emotional support through peer networking and activities. Elders from the Whyalla community meet monthly at Nunyarra to maintain social and cultural networks, and hear information about health and wellness support services delivered by Nunyarra, and other Aboriginal, government and non-government organisations.

At the last meeting, hearing professionals were on hand to assess the group. Four were identified as requiring follow-up referral and services.

For more information about the group or how to join contact Judy Griffin on 0404 983 703.



## NAIDOC 2008

The 2008 NAIDOC Committee has been formed and consists of Tanya Fielding, Bob Damon, Maree Ellis, Norma Damon, Nicole Carter, Jenny Dunn, Agnes Lockyer, Chris Fielding, Ida Calgaret, Kathy Wilson, Lindelle Harris, Pete Griffin, Jacqui Doolan, Leonard Miller, Brenda Carter, and Honey Lockyer. The committee welcomes anyone who would like to contribute to planning activities.

Three meetings have been held so far and preparations are underway for fundraising events such as BBQs at the centrally located IGA Supermarket in McRitchie Crescent Shops. It would be much appreciated if everyone can come along and show their faces, and perhaps buy a sausage or two. This is a celebration of our culture and what better way to show your support than spending some bunda on raising money for NAIDOC activities.

Nunyarra is waiting on confirmation of funds from ICC to support the week's activities, and this will have a significant impact on what sort of activities we can have.

Honey and Agnes have attended a meeting with our local AYAC (Aboriginal Youth Advisory Council) committee run through the Plaza Youth Centre with Joanne Jones. As part of NAIDOC celebrations for Whyalla youth, we plan to hold a NAIDOC 3/on/3 basketball competition on 9 July 2008. Following this event, there will be a blue light disco for children aged between 11-17 years.

There is still a lot of work to be done for this year's NAIDOC program. As soon as the program is finalised, our community will be the first to know.

The NAIDOC Committee meet at Nunyarra every second Friday from 11. Phone Nunyarra for more information because we would love to see you there.

## Transport Service

The Transport Service operates three days a week at Nunyarra. Since its implementation, the Transport Officer has provided, on average, 17 transports a week to doctors, hospital, and outpatient appointments.

## Staff Details

Please feel free to contact any of the following staff members for further information:

Cindy Zbierski  
Manager

Brenda Carter  
Senior Aboriginal Health Worker

Leonard Miller  
Aboriginal Health Worker

Sonia Beattie  
AMIC Worker

Maree Ellis  
Administration

Peter Griffin  
MACK Program & Transport

### Nunyarra News

**Coordinator:** Maree (Rhonda) Ellis  
Nunyarra Wellbeing Centre Inc.  
17-23 Tully Street, Whyalla Stuart, SA 5608  
(PO Box 2253, Whyalla Norrie, SA 5608)  
Tel: (08) 8649 4366 Fax: (08) 8649 4185  
Web: [www.nunyarra.org.au](http://www.nunyarra.org.au)

**Editing and Design:**  
Dreamtime Public Relations  
Tel: (08) 8223 2576 Fax: (08) 8223 4093  
Email: [info@dreamtimepr.com](mailto:info@dreamtimepr.com)  
Web: [www.dreamtimepr.com](http://www.dreamtimepr.com)

**Copyright:** This newsletter is copyright. No part may be reproduced by any process, either in whole or part, without the prior written approval of Nunyarra.

**Disclaimer:** This newsletter may contain photos of people who have passed away. Whilst every care is taken to ensure that the information contained in this newsletter is accurate, errors and omissions may occur.

## Nunyarra successful with \$280,000 for 'Healthy For Life'

Nunyarra Wellbeing Centre Inc. was successful with our application to the Office for Aboriginal and Torres Strait Islander Health for the Phase II Healthy for Life (HFL) program.

This results in more than \$280,000 of recurrent funding for Whyalla Aboriginal health, focusing on chronic disease and maternal health.

Many people need to be thanked for their contributions, expertise and continual support including Lisa Brown Campbell, (Former) Health Promotion Officer, Whyalla Community Health Centre; Andrew Crocker, Project Manger, OATSIH; George Beltchev, CEO, CHSA; Jackie Ah Kit, Executive Director, Aboriginal Health, CHSA; Tom Neilson, (Former) General Manager, Aboriginal Health, CHSA; David Kelly, Senior Consultant, Service Operations and Aboriginal Health CHSA; Kay Atfield, CEO, Whyalla Hospital and Health Services; Juanita Walker, DACHS, Whyalla Hospital and Health Services; Sonia Champion, Research Assistant and Spencer Gulf Rural Health School; staff, Board, and the community of Nunyarra.

## Moving forward with Healthy For Life

Up to June 30, Nunyarra will concentrate on advertising positions and implementing the Communicare Patient Record Information Management system.

The HFL Program aims to improve the health of Aboriginal people in Whyalla by making services and programs available in their community that are easy to access and in an environment that feels culturally and socially comfortable.

These services and programs will provide:

- Detection when someone has a chronic disease (such as diabetes) or is getting close to developing a chronic disease, and assist the individual and their family with trying to fix it or stop it from getting any worse.
- Babies with the best start to a healthy life free from or at a lower chance of getting a chronic disease. Nunyarra will work with pregnant women, babies, mums, dads, little kids and families. Additional staff will be employed including another half-time female health worker who will support pregnant and new mums experience a healthy pregnancy and successful breast feeding, and a half-time male health worker who will work with dads and men on how to have healthy babies, children and families.

- A daily clinic for Aboriginal adults and children to have health checks, care plans developed if they are found to have a chronic disease, and to support them with accessing other services and programs that assist with managing chronic disease or risk factors. Nunyarra will employ a Registered Nurse to run the clinic.

- A weekly doctor's clinic to support the nurse's clinic. Nunyarra will arrange local doctors from Whyalla to come to operate the clinic.

- Many specialist clinics including immunisation, diabetes management, respiratory/asthma management and women's health. Nunyarra will also work with other services to provide programs which help people manage their conditions better themselves. Even though they may have a sickness that can't be cured, they will be able to stay as well as possible and get the most out of every day.

- Management of smoking, nutrition, physical inactivity and stress so people can stay fit and healthy for their families.

To bring all of these activities together, Nunyarra will employ a HFL Coordinator to set up the services and systems, and to ensure that we have good information on health and sickness in our community.

The HFL initiative links most closely with Goal 1 of the Nunyarra Strategic Plan: to "Improve the Health & Wellbeing of Aboriginal People: by contributing to the ongoing development of Nunyarra by accessing funding and providing a holistic range of programs and services". The Nunyarra Board have endorsed this plan and are looking forward to assisting with its implementation.

Menzies School of Health Research in collaboration with the Australian Institute of Health and Welfare and SRA Information Technology, is implementing the Support, Collection, Analysis and Reporting Function (SCARF) for the monitoring and evaluation of the HFL Program.



*Healthy Life. Healthy Community.*

**Healthy For Life aims to improve the health of Aboriginal people in Whyalla by making services and programs available in their community that are easy to access and in an environment that feels culturally and socially comfortable.**