

FORUM ON ICE ADDICTION TO BE HELD

Nunyarra Aboriginal Health Service are assisting in planning a public forum to be held on Ice Addiction during NAIDOC week.

The forum has come about thanks to the hard work of local community member Gail Reid, who is also a Board Member of the Aboriginal Drug and Alcohol Council (ADAC) of SA.

Gail said there needs to be more assistance for rural and regional areas to help with strategies for battling the ice epidemic, and is hoping that the forum will be a springboard to generate more funding for Whyalla and surrounding areas.

She approached Nunyarra and Plaza Youth to help support the forum, which will see ADAC CEO Scott Wilson visiting Whyalla, along with a number of guest speakers including former AFL player Troy Bond.

The forum will be held on Wednesday, July 11 as part of the NAIDOC week events, from 9am until 4.30pm at Central Whyalla Football Club.

The day will open with the traditional Welcome to Country by Nunyarra Tackling Smoking Officer Zena Wingfield, before ADAC speakers Scott Wilson, Jasmin Wilson, Jimmy Perry and Troy Bond take to the stage.

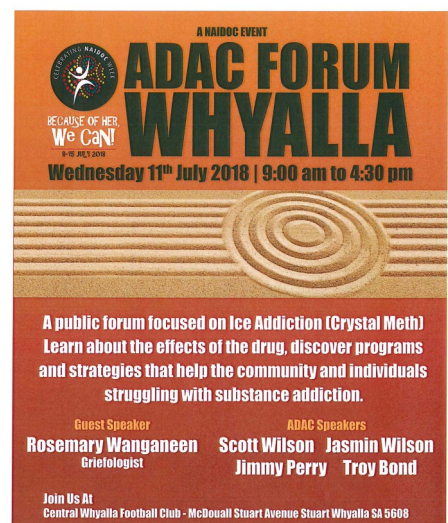


Former AFL player and now ADAC Project Officer Troy Bond (pictured above) will be a guest speaker at the forum to be held July 11.

A catered lunch will then be held, followed by guest speaker Rosemary Wanganeen from the Australian Institute of Grief and Loss. The room will then be opened up to Community Feedback for the remainder of the afternoon, which provides a great opportunity for members of the community to have their say.

Local stakeholders such as Life Without Barriers and the Ripples Support Group will be invited to the forum and it is hoped they will set up a display advertising local services to help those battling drug addiction.

General members of the community are also encouraged to attend the forum to learn about the effects of the ICE and discover programs and strategies that help the community and individuals struggling with substance addiction.



A NAIDOC EVENT

ADAC FORUM WHYALLA

BECAUSE OF HER We Can! 9-10 JUL 2018

Wednesday 11th July 2018 | 9:00 am to 4:30 pm

A public forum focused on Ice Addiction (Crystal Meth)
Learn about the effects of the drug, discover programs and strategies that help the community and individuals struggling with substance addiction.

Guest Speaker	ADAC Speakers
Rosemary Wanganeen Griefologist	Scott Wilson Jimmy Perry
	Jasmin Wilson Troy Bond

Join Us At
Central Whyalla Football Club - McDouall Stuart Avenue Stuart Whyalla SA 5608



NAIDOC WEEK CELEBRATIONS PLANNED

The annual NAIDOC celebrations will once again be held in Whyalla during the beginning of July.

The theme for this year's NAIDOC week is 'Because of Her, We Can', with celebrations to be held across Australia from 8th—15th July, 2018.

Locally in Whyalla, the NAIDOC week will kick off with the NAIDOC March from Anytime Fitness to the Middleback Theatre. This will be held earlier than usual, on Friday, July 6, to help avoid the clash with school holidays. Anyone interested in participating in the March are asked to meet on the day at Anytime Fitness at 9.30am for a 10am start.

The official opening and awards ceremony for NAIDOC Week will be held on Monday July 9 at Middleback Arts Centre, with the Whyalla Hospital once again hosting their community morning on the Tuesday.

As published on the front page of this newsletter, a public forum on Ice Addiction will then be held on Wednesday, July 11 from 9am at Central Whyalla Football Club as part of NAIDOC week. All interested community members can attend.

Gabmididi Manoo will then hold a Community Day at their premises on Hincks Avenue from 11am until 2pm on Thursday, July 12, with a number of attractions including bouncy castle, emergency vehicles on display, bubble soccer and lots of arts and crafts for all the family. Teenagers have not been forgotten in the celebrations, with a Blue Light Disco to be hosted by DFaces on the Thursday night.

It has also recently been confirmed that the NAIDOC Ball will be held once again this year, on Saturday, July 14 with a 3 course meal and entertainment by Jack Daw. This will be held at Croatia Soccer Club, with tickets available from the Middleback Arts Centre or online (tables of 10). Please see the Whyalla NAIDOC week Facebook page for further information.

**Ngangkari Services will be available at
Nunyarra on Wednesday, July 11, 2018**

Please advise clinic reception to place
your name on the interest list.

WHYALLA
NAIDOC WEEK 2018
Community Calendar of Events

NAIDOC MARCH
Friday 6th July 9:30 for a 10:00am start
Start at Anytime Fitness and march to Middleback Arts Centre

NAIDOC OPENING/AWARDS CEREMONY
Monday 9th July 10:00am - 12:00pm
Middleback Arts Centre

WHYALLA HOSPITAL COMMUNITY MORNING
Tuesday 10th July 10:30am - 12:00pm
Hospital Gardens

ADAC Ice Forum
Wednesday 11th July 9:00am - 4:30pm
Central Whyalla Football Club

Community Day
Thursday 12th July 11:00am - 2:00pm
Gabmididi Manoo Children & Family Centre

BLUELIGHT Dance Party
Thursday 12th July 6:30pm - 9:00pm
D'Faces Hall - 14 Viscount Slim
Strictly 13-17 year olds and Lock in Event - NO PASS OUTS

NAIDOC Ball
Saturday 14th July 5:45pm - 12:00am
Croatia Soccer Club

NAIDOC Week 2018
BECAUSE OF HER, WE CAN!

**2018 NAIDOC WEEK
COMMUNITY DAY**

**GABMIDIDI MANOO CHILDREN
& FAMILY CENTRE**
THURSDAY 12TH JULY
11AM—2PM

BBQ LUNCH
DAMPER
SOUP

LOTS OF ACTIVITIES INCLUDING:
ARTS & CRAFT
JUMPING CASTLE
BUBBLE SOCCER
BADGE MAKING
AND MUCH MORE THINGS TO DO!

**EMERGENCY SERVICES
VEHICLES ON DISPLAY**

EVERYONE WELCOME

Please note the Gabmididi Manoo carpark will be closed to the public as the Emergency Service Vehicles will be on display in this space

NAIDOC Week 2018
BECAUSE OF HER, WE CAN!

NAIDOC Week 2018 celebrates the invaluable contributions and achievements of Torres Strait Islander women, men, and children in today's world. It also celebrates the resilience, strength, and courage of our traditional lands and stories.

NAIDOC Week 2018 is a celebration of the resilience and strength of our traditional lands and stories.





Women's Leadership Group attend State Forum

On April 10 and 11, nine Whyalla women attended the 2018 Aboriginal Women's Leadership Program (AWLP) State forum in Adelaide.

The ladies have previously attended the AWLP local workshops held in Whyalla last year, and have been meeting regularly at Nunyara in preparation for the State forum.

After attending the forum, the Whyalla ladies said that it was a great experience to meet other women, and learn from these women's communities and experiences.

It was also an opportunity to share ideas and stories and learn how other women are coping and doing things in their community to stay strong.



Members of the Whyalla Aboriginal Women's Leadership Group with the bus at Nunyara, prior to departing for Adelaide for the recent State forum

Smoking group participants lend their voices to radio

June is our 1 year anniversary of the Tackling Aboriginal Smoking Support Group at Nunyara Aboriginal Health Service. A group of eager participants have been attending fortnightly information and support sessions in order to help them on their journey to quitting smoking.

Nunyara's Tackling Indigenous Smoking Project Officer Zena Wingfield said that even cutting back on cigarettes can improve a person's health.

"Quitting is never easy, but as the saying goes, every cigarette you have is doing you damage," Zena said. "So even if people can cut back a little, that is a great step forward to improving their health".

Nunyara's Tackling Aboriginal Smoking Support Group has also been working hard to promote quitting smoking to the wider community. Four local participants recently recorded their voices for local radio advertisements, which promote the



Nunyara Tackling Smoking Support Group participants recently recorded radio advertisements now being heard on Magic FM/ 5AU and Triple Y FM stations.

support group and provide information for those in the community. The ads are currently being played on Magic FM, 5AU and 5YYY FM radio stations.

"They have done a great job to record their voices for radio and should be very proud of themselves," Zena said.



Nunyara also held a World No Tobacco Day on Thursday, May 31. People were able to come in and try the smokerlyzer and have a mini health check in order to enter the raffle. The prize of a winter bedding pack was won by lucky participant Andrea Wingfield.



Men's Group continuing to set health goals at Nunyara

Central to a health and wellbeing program for Indigenous men in Whyalla, is a place (such as a Men's Shed) that Indigenous Men of Whyalla identify as a men's health and wellbeing place, where men can gather, participate in various activities and improve their social, physical and emotional health.

Nunyara's Aboriginal Health Worker Jeremy Coaby has been holding meetings with interested men on a fortnightly basis at Nunyara since April in order to try and make this become a reality.

The men's shed may come under the auspices of NUNYARA Health Service although would be located at a different site.

There has been a gradual increase in support by community people, with



Members of the Nunyara Men's Group with Elliott McNamara from Walga Mining (top left) and SA Government representative Harry Miller (top row, second from right)

an average of 10 members attending meetings, and key Community people involved

Health professionals are invited guest speakers at group meeting, with lunch arranged by the Men Jeremy said that there are still a number of steps

that the Group need to take to establish a men's health and wellbeing place.

This includes formation of an advisory group including Community members, health service representative and Bungarla Association. Terms of reference

would then also need to be developed for the advisory group so that it functions with transparency.

The group also is working towards identifying costs in setting up a Men's Health and Wellbeing place including rental of appropriate premises, purchase of necessary equipment and ongoing running and maintenance costs.

If you are interested in joining the men's group at Nunyara, please contact Jeremy on 8649 9900.

Upcoming Men's Group Meeting Dates

- July 6th, 20th
- August 3rd, 17th, 31st
- September 14th, 28th.

UPCOMING

DOCTOR

DATES



- **Dr Rick Hambour**—Available every Thursday and Friday (main clinic).
- **Dr Patrick Sprau**—Available Monday, Tuesday and Wednesday (main clinic)
- **Dr Krista Maier**—Available every second Monday (main clinic) - upcoming dates are April 9, April 23, May 7, May 21, June 4, June 18.
- **Dr Tracey Landon**—Available every Thursday and Friday for certain appointments (Pathways to Preschool Clinic).

WHYALLA ABORIGINAL ELDERS GROUP

The group meets the second Tuesday of each month and welcomes new members to come along. The meetings are an informal get together and a good chance to meet new people.

Upcoming Elders group dates

-July 10, 2018 - August 14, 2018 - September 11, 2018

Contact Information

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