

COMMUNITY DAY TO BE HELD AGAIN

Nunyara will be once again hosting its popular Community Connections day this October school holidays.

The day will be held on Friday, October 12, 2018 at Nunyara from 11am –4pm.

Come and view the services that Nunyara has on offer, and have your say on how we can improve, or what new services you would like to see.

There will once again be a variety of entertainment available for the whole family, including free food, facepainting, bouncy castle and a roving magician with balloons.

As has happened in previous years, there will be a number of raffles on offer with the chance to win prizes such as a 55 inch digital television and children's bikes.

Keep your eye out for the promotional posters around town.



Above: Respiratory Nurse Christelle Thomas with some of the crowd at Nunyara's Community Connections day in 2017.

Clinic gains new registrar GP

Nunyara Aboriginal Health Service has been fortunate to gain the services of another doctor for 3 days once a month. Dr Chris Powell started at Nunyara in September and also works at Nunkunwarrin Yunti in Adelaide when not here.

Dr Chris will be consulting from the main clinic and is looking forward to meeting more clients in the coming months. Please see information box (right) for Dr Chris's consulting dates and call 8649 9900 to book an appointment with him.

DR CHRIS POWELL **CONSULTING DATES 2018**

- **Tues October 2 - Thurs October 4**
- **Wed November 14 - Fri November 16**
- **Tues December 4 -Thurs December 6**

Respecting culture;
Acknowledging diversity

NAIDOC WEEK CELEBRATED IN WHYALLA

NAIDOC Week was celebrated in Whyalla from Friday, July 6 until Friday July 13 with a number of events held to commemorate the event.

The week kicked off with the traditional NAIDOC March from Anytime Fitness to the Middleback Arts Centre, where a sausage sizzle was then held.

Nunyara staff Julia Gray, Zena Wingfield and Jodie Wallace, along with a number of Nunyara board members, all participated in the march and said it was an amazing event with such a positive atmosphere.

The NAIDOC Opening/Awards Ceremony was then held on Monday, July 9 with a number of community members recognised with awards in categories such as youth, sports, elder and community service.

Nunyara, with assistance from Gail Reid, were also instrumental in helping to arrange the ADAC Ice Forum on Wednesday, July 11. Gail said that the event went well and it was a really good opportunity for our region to try and lobby for more drug rehabilitation services.

Nunyara were also represented at the popular Community Day which will be on Thursday, July 12, with TIS officer Zena Wingfield holding an information stall.

The week all wrapped up with the NAIDOC Ball at the Croatia Soccer Club on Saturday, July 14 - Nunyara were pleased to sponsor some of our Elders Group to attend this event.



Nunyara staff Zena Wingfield (left) and Julia Gray were thrilled to be part of the NAIDOC march, and said it was good to see so many school children involved also.

Military seeks local feedback

Nunyara Aboriginal Health Service will be hosting an information session between Military representatives and the local Aboriginal Community on Tuesday, October 9 in the group room (admin building).

The military is keen to consult with the Community about how the military could further contribute in our region.

There will be also recruiting information available and anyone is free to attend, please see poster (right) for more info.

MILITARY COMMUNITY CONSULTATION SESSION



Inviting all members of the Whyalla Aboriginal Community to attend an information session with Military representatives to discuss:

- Community Engagement - what would you like to see from the Military in our region?
- Recruiting information will also be provided regarding the Army Indigenous Development Program (5 months paid course) and the Indigenous Pre-Recruitment Program (6 weeks paid) - FOR AGES 16-35

DATE: Tuesday, October 9, 2018, 11am - 1pm

VENUE: Nunyara Administration Building

NUNYARA
ABORIGINAL HEALTH SERVICE INC.
17 - 27 Tully Street,
Whyalla Stuart, SA 5608
P: (08) 8649 9900



Above: Mum Melissa Stewart holds her daughter Joyeisha Ward while she receives an immunisation from AHCSA nurse Maryanne Williams .



Left: Frederick Ward was the lucky winner of the \$200 Target voucher for receiving his Menveo vaccination.

Vaccination days held to prevent Meningococcal W

With the support of the Aboriginal Health Council SA (AHCSA), Nunyara recently held vaccination days on Tuesday, July 31 and Wednesday, August 1 to help protect the community against meningococcal disease.

The days were organized in response to the outbreaks of Meningococcal across South Australia, with the Aboriginal community being at higher risk of the illness. The day focused on the immunisation of children and young adults from ages 12 months to 19 years.

AHCSA doctors and nurses travelled to Whyalla to administer Meningococcal W (Menveo) vaccinations.

A large scale letter drop was done prior to the event, in an attempt to get as many children as possible to attend. Participants were also offered the chance to win a \$200 Target voucher by being immunised, with the lucky winner being Frederick Ward.

Over the 2 days, there were approximately 40 people vaccinated, and more people have responded to the letters since then, and have booked appointments to still have their immunisations done.

Free B strain vaccine to be released in SA in October

Free meningococcal B (Bexsero) vaccinations will be available to all South Australian people, as of October 1. South Australia is the first state to be offering FREE vaccinations, as we have the worst meningococcal B rates in the country. In the past getting the B strain vaccination has been difficult for many families, as there are 4 injections required at a cost of approximately \$150 each.

Nunyara clients who attended our immunisation day as per the above have only been immunised against the meningococcal W strain and not the B strain, so it is important to contact our clinic once the new vaccinations become available. The FREE Bexsero Immunisation program will initially be for babies aged between six weeks and one year, and children under the age of four. From 2019 the program will be expanded to include catch up programs for students in years 10 and 11, as well as young people aged from 17 to 20 years.

More men needed to join Group

Aboriginal men aged 16 and over are being encouraged to join the Aboriginal Men's Health Group. This is now funded by Nunyara, with the men hoping to design shirts in the near future. They are also looking at setting up a vegetable garden within the Nunyara premises. The group has also organised some meat raffles (beginning in October) as another fundraising activity and hopes to be able to soon commence a cooking group in the near future.

If you are interested in join men's group, just come along to Nunyara group room between 11am –1pm on any of the following dates: **26, November 9 and 23, December 7 and 21**



Above: Medical students (from left to right) - Matt, Maddy, James, Jess, Ed, Joe, Toon and Nick have all visited Nunyara this year.

MEDICAL STUDENTS VISIT NUNYARA

Nunyara Aboriginal Health Service has been fortunate to host eight medical students so far this year.

The students, from the University of Adelaide, are all living in Whyalla currently and rotating between various clinics in order to gain invaluable experience with local doctors.

All of the students who have visited Nunyara have mainly worked alongside either Dr Patrick or Dr Tracey and said they have enjoyed their time here.

HEAL PROGRAM LAUNCHED

Healthy Eating Activity and Lifestyle (HEAL) Program is a group-based lifestyle modification program which was recently launched at Nunyara.

The program runs for 8 weeks with sessions running for 2 hours each week—1 hour of the session covering nutrition education, and the other hour is dedicated to physical activity.

A personal trainer will attend 4 sessions to help give participants an individualised fitness program modified to their requirements. The participants will then be able to easily use this program at home on their own without need to attend a gym.

For more information on how to join this program please contact Nunyara facilitators Zena and Robyn on 8649 9900.



Above: HEAL facilitator Zena getting some exercise with personal trainer Tara.