


Welcome

Nunyarara Wellbeing Centre and the Whyalla community celebrated NAIDOC Week with an exciting calendar of events.

This year, the National NAIDOC theme is about taking responsibility for our future. To control the change we need to plan and take action to make it happen. It's our future – change: the next step is ours.



Celebrate! 3rd to 10th July 2011
NAIDOC - Whyalla

Whyalla NAIDOC Calendar of Events

Change: The Next Step is Ours

Monday 4th July: Free Movie 'Stone Bros' at the Middleback Theatre At 6.30pm. Phone 86447300 for more information

Tuesday 5th July
NAIDOC March: 9.30am from Nunyarara to Centrals Football Club for the **Fun Day at Centrals—10am to 3pm**

- Official Mayoral Opening & Flag Raising
- NAIDOC Cakes & Tea and Coffee
- Spear and Boomerang making workshops
- EJEH Performance at 10.30am & 1.00pm
- Aboriginal print bags for sale
- 'Cook off': register teams of 3 at Mission Australia on 86456900
- 'Tal-Kin-Jeri' Dancers performance at 11am and 1.30pm
- Helium Balloons
- Cultural quiz and prizes
- Healthy Kangaroo Wraps
- Jumping Castle
- 'Eat a Rainbow' Activity
- Kite Making & Decoration
- Boomerang Painting
- Hand spraying
- Lots Lots More

Wednesday 6th July 10am—Ambrose Tournament
4 players per team at Whyalla Golf Club Green Fee's \$10.00 each, 9 holes, under 18's free. Registrations and more information to Jeff Croft on 0407 601 981

Thursday 7th July:
10am—4pm: 'Singing to the Sharks': Indigenous People of Whyalla and Their Connection with the Sea Cultural Tour: Maritime Museum Port Augusta Road. Free Entry for NAIDOC participants
10.30 am: Church Service: Our Ladies Help of Christians, Toal St, morning tea at 11.00

Friday 8th July from 6.30pm
NAIDOC Dinner @ Westlands Hotel—formal dress. Tickets \$50.00 per head from Nunyarara 17-27 Tully Street phone 86494366
Door prize, guest speaker, Local band: Bartel

Saturday 9th July Cultural focussed Quiz Night, at D'Faces on Viscount Slim Ave from 7.30pm. \$8.00 per person, tables of 8 and lots of prizes. Phone 86476036 to book a table

3rd to 10th July: Nail Creations in the City Plaza are offering a mini manicure for \$25.00 (save \$5.00) and if you mention NAIDOC week get two Aboriginal Flag designs on your nails for free!
Phone 86453938 for an appointment
All enquiries about NAIDOC week to Nunyarara on 86494366

Nunyarara's calendar of events included:

- Monday 4 July - Free Movie 'Stone Bros' at the Middleback Theatre.
- Tuesday 5 July - NAIDOC March from Nunyarara to Centrals Football Club for a family fun day.
- Wednesday 6 July – Ambrose Golf Tournament.
- Thursday 7 July - 'Singing to the Sharks': Indigenous People of Whyalla and Their Connection
- With the Sea Cultural Tour: Maritime Museum Port Augusta Road.
- Friday 8 July – NAIDOC Dinner at Westlands Hotel.
- Saturday 9 July - Cultural Quiz Night at D'Faces on Viscount Slim Ave.

The Fun Day at Centrals was most enjoyable with a range of activities and fun things:

- Official Mayoral Opening and Flag Raising
- NAIDOC Cakes and Tea/Coffee
- Spear and Boomerang making workshops
- EJEH Performances
- Aboriginal print bags for sale
- 'Cook off'
- 'Tal-Kin-Jeri' Dancers
- Helium Balloons
- Cultural quiz and prizes
- Healthy Kangaroo Wraps
- Jumping Castle
- 'Eat a Rainbow' Activity
- Kite Making & Decoration
- Boomerang Painting
- Hand spraying
- And lots Lots more ...

Thank you to all who attended and joined in the NAIDOC Week celebrations.

Our Board

Chairperson

Anita Taylor

Secretary

Wilhelmine Lieberwirth

Treasurer

Les Taylor

Deputy Board Member

Vivien Durkay

Deputy Board Member

Vacant

Board Members

Nicole Carter

Sonia Champion

Rose Hillman

Anthony Hirschausen

*'Working together to improve
our health – our way'*

Nunyarara News

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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.



Shantae Marches on ANZAC Day

Shantae is a Student Representatives Council member for Samaratin College and was invited to march on ANZAC Day to represent the school. Shantae held the Aboriginal flag with pride as she marched.

Basketballers Try Out for State Team

Nikeshia McNamara and Nellie Cowan are in training for the state basketball team and they will find out if they have made the team in November.

Nikeshia and Nellie along with Myles McNamara, Chris Slater and Malyka Carter have represented Whyalla in combined basketball, playing in carnivals around the state.

Congratulations also to Nikeshia who was successful in gaining a position in the state country basketball team.



Netball Grand Final Win

Over the last long weekend, Malyka Carter, Nikesha and Nellie represented Whyalla playing netball at ETSA Park. Nellie's team won the grand final.

Nikesha and Nellie were also selected as players in Regional Netball at ETSA Park in July, and have travelled regularly to Port Pirie and Port Augusta to train.

Nellie has also been selected for the state SAPASSA netball and travels to Adelaide for training. Nellie is the only person from Whyalla to be selected and if successful will play in Darwin in October.

It is fantastic to see the Whyalla Community being represented by our talented young Indigenous players. Thank you to Walga Mining and Interwork for their support.

Women's Camp 2011

The Women's Group recently took a trip to Adelaide for the annual Women's Retreat. Seven women attended and participated in a tour of the Office for Women. The retreat was held over two nights, staying at the Adelaide Shores Holiday Resort in cabins.

During the retreat, women were able to build relationships and gain some confidence in community leadership. The feedback was positive and the women are looking forward to another retreat later in the year to be held at a more local venue.

Nunuyara thanks the Aboriginal women of Whyalla for their support of the Women's Group over the past five months and to welcome Devinia Binell who is now delivering the program.

Participants receive a calendar of future events e.g. dates and times of special guests, self esteem workshop, pampering sessions etc., have input into planning for the next camp, and a say in what they would like to see happening in the community.

Our Services

Medical Clinics

Nunyara has a visiting Doctor who consults regularly.

Nursing Services

A full-time nurse is available to provide diabetes education, wound dressing, immunisations, screenings, advice and general health information.

Tjilby Tjuta Mens Group

The Mens Group meets regularly to share information on a range of topics while fishing, camping or just talking about men's business.

Whyalla Aboriginal Elders Group

The Elders Group meets monthly at Nunyara and welcomes new members.

Aboriginal Health Workers

Aboriginal Health Workers provide liaison, advocacy and clinical services and are often the first point of contact.

Minya Gidgagu Playgroup

Parents and carers are encouraged to bring their children aged up to 5 years to Playgroup on Wednesdays. Exciting and stimulating activities are provided as well as lunch.

Well Women's Clinic

Pregnancy testing, STD checks, smear tests and other information and advice are available for women.

Transport

Transport can be arranged for medical appointments, x-rays and other matters related to health and wellbeing.

Health Promotion

Health is promoted within schools, other organisations and the public.

Sexual Health

No appointment is necessary to see the nurse or Aboriginal Health Worker about sexual health issues.

Visiting Services

Specialists visit Nunyara on a regular basis. Appointments can be made to see the Mental Health Worker, Dietitian and Podiatrist.

Advocacy & Support

Nunyara can arrange advocacy and referrals to other organisations and programs including housing, ambulance, Centrelink and financial services.

Tjurni Miminis

An antenatal program is provided for Aboriginal women in a friendly environment with Aboriginal Maternal Infant Care workers and midwives who provide specific support and information throughout pregnancy and beyond.

Information for Pregnant Women about FLUVAX



Did You Know?

- Pregnancy increases your risk of developing serious complications from the flu.
- Pregnant women have a higher risk of complications because their immune system is not as strong during pregnancy and their bigger size can make breathing more difficult.
- The best way to avoid getting the flu is to get vaccinated each year.

Where Are We?

Nunyara Wellbeing Centre is located at 17-27 Tully Street, Whyalla Stuart. The entry and car park is on Booth Street.

Transport is available to attend all clinics.

Bookings can be made by phoning 8649 4366 at least 24 hours prior to transport being required.



www.nunyara.org.au