

Your feedback on our Service is very important.

This Service operates Monday to Friday, 9am to 5pm, and provides a variety of programs, activities and services, including:

Family Support / Women's Health
Support and programs for Families and Children
Care Coordination and Outreach Workers
Community Support and Men's Program
Social Worker / Counsellor
Promotion and awareness of Closing the Gap health initiatives
Social and Emotional Wellbeing



Would you like to receive our newsletter via email?

Our newsletters will give you the dates and times of these sessions.....these can be emailed to you, or you can view them on our [facebook](#) page.

Please fill out your updated details below and send them to our office, or call our office to update us to receive an emailed newsletter.

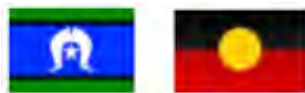
Your name:

Your email address:

Your new home address:

Your new phone number:

Thank you.



Issue No.9

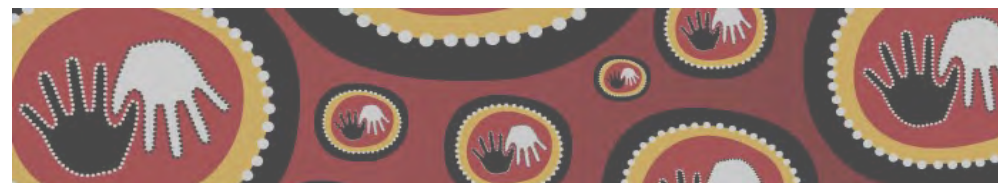
Sept/Oct 2018

No. 34 Aboriginal Health Service

34 Alexandra Road, Ulverstone

Phone: (03) **6417 6080**

Email: contactno34@ruralhealthtas.com.au



You can also find out about our upcoming events on our **Facebook** page:

<https://www.facebook.com/No34AHS/>



No 34 Aboriginal Health Service
Non-Governmental Organization (NGO)

Days/Dates to remember:

- **Mindfulness** (Intermediate) - Mondays only (7.45am to 8.30am)
(at No.34 Aboriginal Health Service, 34 Alexandra Road, Ulverstone)
(if you wish to start these classes, please call our office the Friday before the class starts)
- **Memory Testing (Dementia)**, 14 September (free appointment)
- **Foot care with Julian**, 27 September (free appointment)
- **Eye Testing with Eyelines**, 9 October (free appointment)
- Centrelink visits—usually each second Friday morning here (free)
- Legal visits—every second Thursday after 3pm here (free)
- Mission Australia.—Corey visits here very second Wednesday afternoon (free)

Rural Health Tasmania is supported by funding from the Australian Government under the Indigenous Australians' Health Program. The Social and Emotional Wellbeing Program (SEWB) and the Integrated Team Care program (ITC) is funded in Tasmania by Primary Health Tasmania under the Primary Health Networks Programme – an Australian Government initiative.

FAMILY SUPPORT

DENISE works Monday - Friday



Norearty norlare (women's program)



Hi All,
lots of interesting work is being done at the women's group at the moment. A new project is under way so the group are busy gathering resources.



Gift from a friend,
thanks Adele



You are welcome to come along every Thursday and join the program. Have a yarn, have a coffee/tea/milo. Trips on country. A wonderful group of women, sharing, and caring for each other.

Please phone Denise on 6417 6080 for more information and transport.

OUR TEAM

TREVOR — Manager

- ◆ Provide coordination and oversee and support the day to day running of the Service.

- ◆ Work with staff to develop, implement and monitor programs

DENISE—Family Support Worker

- ◆ Support and encourage families to achieve better health outcomes.
- ◆ Advocacy.
- ◆ Women's group.
- ◆ Screening/health information sessions

GAYLENE and DEBRA — Administration Officers

- ◆ First point of contact for people to the Service.
- ◆ Assist with event planning/activities, mail-outs, design flyers and newsletters

LIAM — Chronic Disease Care Coordinator

- ◆ Link with GPs, specialists and allied health professionals to gain better health outcomes for chronically unwell Aboriginal people.
- ◆ Provide support and assistance with the complex needs of patients with chronic (long term) disease.
- ◆ Increase awareness of prevention and self-management of chronic disease

ROB and ANDREW - Outreach Workers

- ◆ Encourage and support Aboriginal people to gain better health outcomes
- ◆ Assist with transporting people to medical appointments

KRISTEN - Mental Health Social Worker

- ◆ I provide one-on-one therapy and counselling (for adults and youth) who may have difficult personal, family or Community issues
- ◆ Advocacy

MICK - Community Worker / Mental Health Counsellor

- ◆ Support and encourage men in the community to work towards better health outcomes.
- ◆ Advocacy
- ◆ Counselling

JODHI - Social and Emotional Wellbeing Coordinator

MEL - New Directions Coordinator

- ◆ Work with mothers, and children under 5 years.
- ◆ Assist mothers with health, nutrition, mothering and parenting information.
- ◆ Advocacy.

DAVE - Men's Group - Cultural Practitioner

- ◆ Cultural activities including On Country



HOW BAZAAR

FREE, Fun, All Ages Event
Full of Answers

How does it work?
How is it made?
How is it fixed?

WED SEPT 12

10:30am-2:30pm | East Devonport Recreation Centre, Caroline St

If you have ever been curious about how your body or the world works, or you have any other wacky and wonderful "how" questions, be sure to come along to this free, interactive community expo.

Devonport Festival of Learning 2018

Hon. Michael Gaffney MLC | Hon. Anita Dow MP | Hon. Shane Broad MP | Hon. Jeremy Rockliff MP | Senator Steve Martin | Hon. Roger Jaensch MP

NEW DIRECTIONS **malacka ramanarralé** (grow strong)
MEL works Monday - Thursday

After having to reschedule and move the SNAICC Aboriginal and Torres Strait Islander Children's Day celebrations inside, we eventually had the chance to fry up some wallaby burgers and kanga bangas here at No. 34.

We had the pleasure of the company of some great little and big kids and a troupe from Discovery Early Learning in Ulverstone came to join in the fun.



Jodhi led an awesome drumming workshop which everyone loved, and there were plenty of inside activities including rock painting, making rainbow serpents and decorating mini clap sticks. Mel and the No. 34 team would like to say a big thank you to all those who came along, and to the great helpers who joined in to make this a fun celebration to remember. We would also like to add that the space will become our pop up Yarning Café on Tuesday afternoons from 1-4 pm where families can come to take a load off for a while, have a yarn and a fancy cuppa while the kids use our play space or do some craft.


Hope to see you soon!
Malacka ramanarralé (grow strong).






No. 34 Aboriginal Health Service Presents

The Yarning Café






Come along and have a free cuppa and a yarn in a family friendly space. Create community, get support, make new friends, learn a skill, or just take a few minutes to relax while the kids use the play space....we'll clean up the toys.

WHERE: No. 34 Aboriginal Health Service
 34 Alexandra Rd, Ulverstone

WHEN: Tuesday Afternoons 1pm until 4pm

Together, we can malacka ramanarrale (grow strong)!!

A LITTLE YARN GOES A LONG WAY.

<https://www.fastcompany.com/3021416/how-a-cup-of-tea-makes-you-happier-healthier-and-more-productive>

Regular Upcoming sessions here:



Centrelink chats – with Julie

Julie is available to chat to about any worries you have with Centrelink forms, questions or issues with Centrelink.

When: Friday mornings, every 2 weeks

Time: from 9.30am

Legal advice

When: Thursday afternoons,

Time: from 3pm, every 2 weeks



*** Free **"Will Preparation"** service available ***

Chats with Corey from Mission Australia

Re: Disability Employment issues—how to help you get a job etc

When: Wednesdays, every 2 weeks

Dementia Screening / Memory Checks

- with Denise C

Do you worry about your memory? Come and chat to Denise and put your mind at rest.

Denise will visit here on: September 14

Please call 6417 6080 for a **free** appointment.



The National Public Toilet Map

Part of the National Continence Program, the Toilet Map provides information on over 19,000 publicly available toilets across Australia, including accessibility, opening hours and facilities, such as showers & baby change.



Accessing the map, go to <https://toiletmap.gov.au/> and open the page. Once there, you will be asked to enter your destination, and you will be provided with the location of all the nearby toilets.

In addition, you can plan your trip by providing the start and finish points, and be given locations of all the toilets along the way.

For more information go to <https://continence.org.au/> or call the National Continence Helpline on 1800 33 00 66, staffed by continence nurse advisors who provide free confidential advice, information and referrals.



**In the event
of an emergency
do you have a plan?**

Do you know what you want to take with you IF you only have about 5 minutes to leave?

What is important to take with you?

There is an app available. The **get prepared app** puts everything you need in one place.

The information you add does not keep your private information, just your post-code.

www.redcross.org.au/prepare

Cultural Activities—Men's Group DAVE

Ya all,

We've had a few good months with some good yarns and laughs.

Great to see a couple of new fellas.

We've been busy working on our clapsticks, burning into them and making them our own by personalising the design.

We're planning on a few "On Country" trips for the remainder of the year.

Let us know if you require transport.



Keep up to date by checking out our Facebook page or give us a call on 6417 6080. Come join us!

wulika

Dave Mangenner Gough

6417 6080.

Social and Emotional Wellbeing (SEWB) JODHI



Please check out our No 34 facebook page for upcoming events



Men's/women's group day trip to takayna/Tarkine, meet the wonderful Maree Jenkins who will guide us through the 60 million year old ancient rainforest
Wednesday 5 September, departing from 34 at 9:30 am
Morning tea, lunch provided
To join us please contact Jodhi on 6417 6080 or 0448 522 309
(space is limited), transport available

National Disability Insurance Scheme (NDIS)

Some people from NDIS are coming here to chat—do you wish to learn what they do and what they can do for you?

This will be a questions and answers session and an opportunity for you to find out some answers.

Where: No 34 Aboriginal Health Service, 34 Alexandra Road, Ulverstone

When: 7 September, from 10.30am-12.30pm.

Men's exercise sessions

Hi

Do you fellas get short of breath, huff and puff on your walk around the shops?

Do you find your clothes getting tighter than they should be?

Have you tried exercise classes before, or have you been scared off from going to them?

There are gentle exercises for people who are having trouble moving, with arthritis pain, and more physical exercises too for the more fit people.

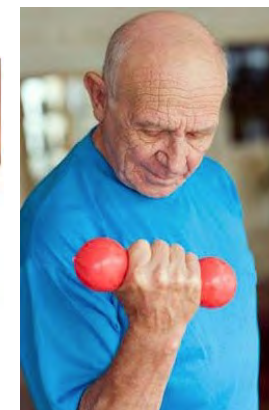
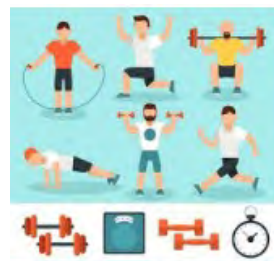
Why not try it out—it is FREE and only takes an hour of your time. You may find you really enjoy being with a group of other fellas, laughing and joking and being serious with learning how to correctly use the equipment in the gym.

You do not push your body more than you should—maybe you are only able to do sit-down exercises.

Why not come along on Thursday afternoons for an hour from 1pm.

Give us a call on **6417 6080** and let us know if you need transport to get to the exercise class, run by an exercise physiologist at the Training Fix near the corner of Queen and Alice Streets, West Ulverstone.

For men of **ALL** ages.





Did you know?

As parents or carers, you have the primary responsibility for detecting and treating head lice. If your child has head lice, you must treat your child with a recommended treatment. Your child may return to school after treatment has begun.

What are head lice?

- ♦ Head lice have been around for thousands of years. Anyone can get head lice. It doesn't mean you are dirty or have dirty hair, head lice don't care whether hair is clean or dirty.
- ♦ Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).
- ♦ People get head lice from direct head to head contact with another person who has head lice. Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Where to start

To help prevent the spread of head lice, we ask that you:

- ♦ Notify your child's school as soon as you detect lice or nits in your child's hair
- ♦ Take advice as to the best treatment for your child and family and follow the pharmacist's instructions.

What your school will do

- ♦ The school will notify you if there is a reason to believe your child has head lice
- ♦ The school will notify parents if there are known cases of head lice in a particular class and ask parents to check their children's hair
- ♦ The school will not administer treatment to your child.

Tips

- ♦ The lice themselves are hard to spot, but look out for the brown or grey insects about the size of a match head that lurk at the roots of your child's hair.
- ♦ A nit will not easily come off the hair but dandruff will.
- ♦ Teach your child not to share brushes, combs, hats, swimming caps or hair bands.
- ♦ Braid long hair, or tie it back while your child is at school.

Where can I get more information?

A pharmacist or doctor. Talk to your child's teacher or principal.

Visit these websites: www.education.tas.gov.au or www.dhhs.tas.gov.au



Information sourced from:

<http://documentcentre.education.tas.gov.au/Documents/Infosheet-Health-Headlice.pdf>

Social and Emotional Wellbeing Coordinator Jodhi

How deadly was NAIDOC! A BIG Week of celebrations.

Was so good to see so many people join us at our different events.

Thank you to everyone who made the week so special. We loved finishing off the week with **300** people gathering around the fire pit at TIAGARRA all singing out yah yah yah!



Social and Emotional Wellbeing Coordinator Jodhi

Plenty coming up!

An “On Country” trip to *takayna*/Tarkine, plus planning more “On Country” trips before the end of year (how fast is this year travelling!)



Please keep an eye on our facebook page.























I’m always here for a yarn and would love to hear your ideas!

Wulika
Jodhi



October 2018



Mon	Tue	Wed	Thu	Fri
1	2 	3  M	4 	5  K
8  K	9 Eye Testing 	10 Mission Aust..Employment  M 	11  FREE legal advice	12  K Centrelink
15	16 	17  M	18 	19  K
22  K	23 	24 Mission Aust..Employment  M 	25  FREE legal advice	26  K Centrelink
29	30 	31  M		



DENISE—Thursdays, Women’s programs (norearty norlare) On Country or at No 34



K—KRISTEN —counselling (Fridays) and alternate Mondays
M—MICK— counselling (Wednesdays)



MEL—Tuesday afternoons for parents and children and their children (aged 0-5 years)























DAVE—Men’s group trips On Country



No 34 office is closed (public holiday)

September 2018



Mon	Tue	Wed	Thu	Fri
3	4 	5  M	6 	7  K
10  K	11 	12  M  Mission Aust..Employment	13  FREE legal advice	14  K Centrelink Dementia screening.. memory checks
17	18 	19  M	20 	21  K
24  K	25 	26  M  Mission Aust..Employment	27  Foot Care with Julian FREE legal advice	28  K Centrelink



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K—KRISTEN —counselling (Fridays and alternate Mondays)
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MEL—Tuesday afternoons for parents and children and their children (aged 0-5 years)



DAVE Gough —Men's group trips On Country



No 34 office is closed (public holiday)

Foot Care - with Julian



Living with pain every day is no way to live.

At Footprints Podiatry, we offer treatment for patients experiencing all types of pain, including the following:

heel pain, leg and shin pain, knee pain, ingrown toenails, and sharp, aching or burning pain in the ball of your foot.



Julian will be
visiting
No 34 Aboriginal Health Service
on **27 September**.

Phone our office
on **6417 6080**
to go on our
waiting list for the
next session.



<http://www.footprintspodiatry.com.au/services>

Tazreach funded by the Department of Health and Human Services

40,000 Year-old Australian Aboriginal Prayer

May the fire be in our thoughts
making them true, good and just,
may it protect us from the evil one.

May the fire be in our eyes;
may it open our eyes to share what is good in life.
We ask that the fire may protect us from what
Is not rightfully ours.

May the fire be on our lips, so that we may
speak the truth in kindness; that we may serve
and encourage others.
May it protect us from speaking evil.

May the fire be in our ears.
We pray that we may hear with a deep, deep listening
so that we may hear the flow of water, and of all creation.
And the dreaming.



May we be protected from gossip and from things
that harm and break down our family.

May the fire be in our arms and hands
so that we may be of service and build up love.
May the fire protect us from all violence.

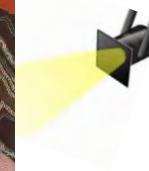
May the fire be in our whole being—
in our legs and in our feet,
enable us to walk the earth
with reverence and care;
So that we may walk in the ways of goodness and truth
and be protected from walking away from what is truth.

- credited to Burnum Burnum, Australian Aboriginal elder.

<https://blessingfiles.wordpress.com/2011/01/13/40000-year-old-australian-aboriginal-prayer>
http://www.janesoecania.com/australia_home/index.htm

SPOTLIGHT on our team

on: **Trevor, Manager**



Where did you work before?

Salvation Army. Drug and Alcohol Service.

What led you to being interested in working in Aboriginal Health?

Family connection with Aboriginality and culture.
To play a role in providing equity in the sector.

Highlights of the Job to date?

The more you know, the more you know you don't know.
Learning about the local Aboriginal History and Culture. Learning about what's
important and just as importantly, what is not important.

Hobbies and General Interests?

Horse riding, mindfulness, self development, sustainable energy, friends and
family.

Anything you wish to say about No. 34?

I am excited as I think about the future and the opportunities that exist for
program development and growth. I look forward to the guidance of Six Rivers
Aboriginal Corporation and Community to ensure that the service continues to
grow and deliver a equitable health service.

"With our thoughts, we make the world"!

Author—well known.

on: **Liam, Chronic Disease Care Coordinator**



Where did you work before?

Eliza Purton Nursing Home, Care Manager
Acute Mental Health Nurse

What led you to being interested in working in Aboriginal Health?

Wanted to make a difference. Holistic Model of Care was very appealing.
Strongly believe in Primary and Preventative Health.

Highlights of the Job to date?

Cultural training. Meeting lovely people. Variety of people. Job variety.

Hobbies and General Interests?

Reading to my children. Movies and documentaries etc. Keeping fit.

Anything you wish to say about No. 34?

Fantastic place to work. Fantastic sense of Community and Family.
Lovely atmosphere. Nicest place I have worked.

If you could replicate No34's Model of Health for everyone across the wider
community, both Aboriginal and non-Aboriginal people would have improved
levels of health.