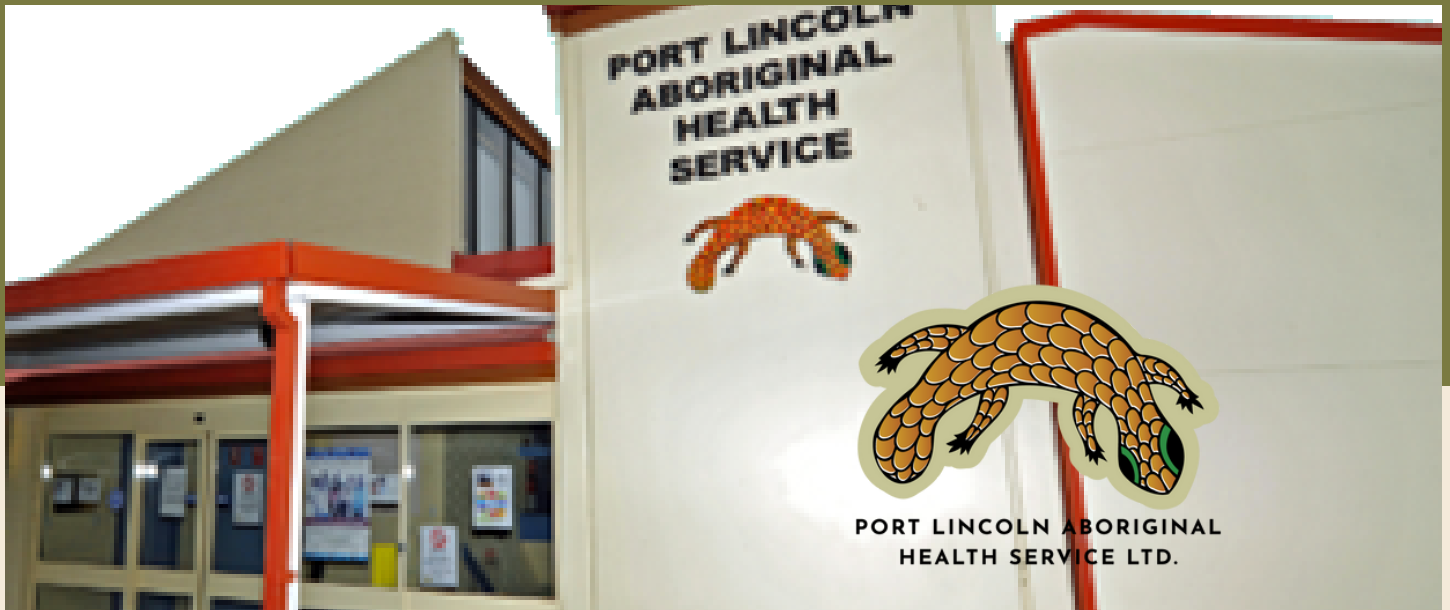


Community News

Port Lincoln Aboriginal Health Service Newsletter



About US

Vision:

The Port Lincoln Aboriginal Health Service will strive to maintain our autonomy and cultural identity as an Aboriginal Community Controlled Health Service whilst delivering quality, holistic primary health care services to the Aboriginal community.

Mission:

To provide leadership, direction and support on community health issues and to strengthen the capacity of individuals, families and communities to improve the health and social wellbeing of our people.

Values:

The Values of PLAHS guide our attitudes and behaviours. They influence both the way we work together and what clients can expect from us.

These Values are:

- Self-determination through Aboriginal ownership and control
- Holistic, comprehensive Primary Health Care
- Treating staff and clients with respect, compassion, consideration, listening, understanding, equality and confidentiality.
- Leadership, innovation and collaboration
- Safe environment



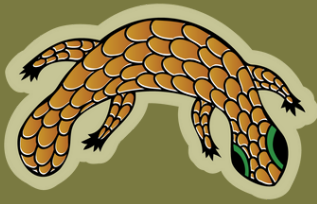
CONTACT US

19A Oxford Terrace
 (entrance via Cranston Street)
 Post Office Box 1583
 Port Lincoln SA 5606
 T: 08 8683 0162
 F: 08 8683 0126
 E: reception@plahs.org.au

OPENING HOURS

Monday to Friday 8.30am to 5.00pm
 *Please note the clinic is closed
 between 12.30pm and 1.30pm

WARNING: Aboriginal and Torres Strait Islander people are warned that the following publication may contain images and voices of deceased persons. Images of the deceased & other community members has been reproduced with the permission of the individual or family.



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CEO Message

Carolyn Miller, CEO PLAHS Ltd.

Welcome to May 2024, I hope that you are able to keep warm in this Autumn weather. As we move into the colder months of the year, I hope that you have had your flu injection to help with all the bugs that is going around, if not please ensure that you book yourselves in or a jab. PLAHS have been working with Mallee Park and PLACC on a sporting submission for women so we will keep you up to date on how this application progresses. At the moment PLAHS membership is low and I encourage you to fill in an application form. If you choose not to you are unable to have a vote or say at our AGM's under our new constitution. Please become a member of our Organisation. I thank you for accessing our services and your feedback is important for improvements. Continue to support our services and activities as it benefits you, your family and your community.



THEME OF THE MONTH

An illustration featuring two hands, one on the left and one on the right, rendered in a soft pinkish-red color. The hands are positioned as if holding a wide, olive-green ribbon that forms a heart shape in the center. Three yellow, four-pointed stars are scattered around the heart and hands. The background is a light cream color with a decorative border at the top consisting of a series of overlapping circles in shades of beige and gold.

PREVENTIVE HEALTH



IMMUNISATION

Get your Flu Shot

- Flu season is heading, and vaccination is available from Easter onwards.
- It will be an exceptionally severe season for children this year, please get your kids vaccinated as soon as possible.
- The Elders and Community members with chronic conditions should not delay getting immunised.
- The Vaccines are free for all Aboriginal and Torres Strait Islander person of any age.



The poster features a central illustration of a hand holding a syringe, with two vials of vaccine on either side. The background is a light green with faint, repeating icons of people coughing. The text is in a clean, sans-serif font.

Flu vaccination available

The Influenza Vaccines are available at
PLAHS.

It is highly recommended that you, your kids and other family members get your Flu shots as soon as you can.

Appointments are necessary but if you have a prior booking with a GP or specialist you can get your vaccination shot then.

Contact PLAHS Reception for more details,
Phone: [\(08\) 8683 0162](tel:0886830162).

**PORT LINCOLN ABORIGINAL
HEALTH SERVICE LTD.**



ADULT CHECKS

BOOK YOURSELF FOR YOUR ADULT HEALTH CHECK AT PLAHS

What we will check for you in your Adult Health Check:

- Diabetes Check (HbA1c)
- Height, Weight, and Weight circumference (BMI)
- Iron Check (Hb- Hemoglobin)
- Lipids (Cholesterol)
- Urinary Kidney Check (Dipstick and ACR)
- Vision Check
- Ear Checks
- Blood Pressure
- Blood Sugar Levels
- A set of questions such as: Family history, Immunisation history, Social and Emotional wellbeing etc.
- Formal bloods (if GP has requested)

*Book an appointment
for your
Adult Health
Check*

*Claim \$50 kmart or
coles card
after your health
check*



PORT LINCOLN ABORIGINAL
HEALTH SERVICE LTD.

****Adult Health Checks take roughly 15-20 minutes with the Aboriginal Health Worker/ Practitioner then an additional 20-30 minutes with the GP****

Don't forget to claim your \$50 Kmart or Coles after your health check



STRONG BORN



PREGNANCY AND GROG DON'T MIX.

Our mob, strong babies,
strong futures.



NACCHO
National Aboriginal Community
Controlled Health Organisation





GP Appointments

Report 15 minutes before your GP Appointment:

All Clients booked in for GP appointment are now required to present 15 minutes before the time of your GP appointment to complete your screenings.

If running Late for your appointment:

If you are 10 minutes late, your appointment will be cancelled and you need to reschedule. If you are running late, please contact reception to notify clinical staff.

Cold/ Flu/ COVID:

If you are unwell with any Cold/ Flu/ COVID like symptoms, please let our receptionists know to ensure that you are tested immediately to avoid the spread of germs.

Masks:

PLAHS is encouraging all community members to wear masks when presenting to the clinic to avoid the spread of germs.



PLAHS programs



PORT LINCOLN ABORIGINAL
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PLAHS Services

- * Aged Care
- * Aboriginal Hospital Liaison Officer
- * Counselling and Family Support
- * Drug and Alcohol dependency Support
- * Home Detox
- * Intergrated Team Care (ITC)
- * Intensive Home Visiting Programs (IHVP)
- * Men's Group
- * Mental Health Support
- * NDIS (National Disability Insurance Scheme)
- * Social Emotional Wellbeing Team
- * Women's Group
- * Antenatal Care
- * ASQ development checks
- * Birthing program
- * Community Midwifery
- * Healthy Ear programs
- * Healthy kids clinic
- * Pediatrician
- * School Screening
- * Strong families home visiting program (SFHVP)
- * Chronic Condition Management (long-term)
- * Health Checks (Adult and Child)
- * Home Medication Reviews (HMR)
- * Immunizations
- * Optometrist
- * Primary Health Care
- * Psychiatrist
- * Psychologist
- * Respect Test
- * Respiratory Clinic
- * Scale C Project
- * Well Women's Clinic
- * Dietician
- * Occupational Therapist
- * Physiotherapy
- * Podiatrist
- * Transport
- * Nunga Kids Cafe
- * Unique Learning Centre

If you have any query, please contact reception on
(08) 8683 0162



SEWB Team Programs



PORT LINCOLN ABORIGINAL
HEALTH SERVICE LTD.

Social and Emotional Wellbeing team

Case Management



**Mental Health
Support**



Family Support



**Alcohol and Other Drug
Support**



Psychologist



Psychiatrist



**Narrative Therapy
(Coming soon)**

Weekly Group Programs



Men Shed



Young Men's Group



Gym Program

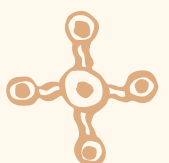


Walking Group



Women's Group

To get to know more about SEWB team, Contact reception
(08) 8683 0162 or visit our website: www.plahs.org.au



WEEKLY ACTIVITIES AT PLAHS

WALKING GROUP

EVERY MONDAY &
FRIDAY
@11AM



YOUNG MEN GROUP

EVERY TUESDAY &
THURSDAY



WOMEN'S GROUP

EVERY WEDNESDAY



MEN SHED

EVERY THURSDAY



Upcoming Events in May



May
6

Heart Week Begins

May
14

10AM to
2PM

Early Childhood Intervention Information Event

Mallee Park Football Club

May
15

From 10:30AM
onwards

Men's Bowel Cancer Information Day

Mallee Park Football Club

May
27

Reconciliation Day

May
31

World No Tobacco Day



Early Childhood Intervention Information Event

“ to educate parents about the importance of accessing early intervention supports for their children.”

Find out more about
Occupational Therapy
Speech Therapy
Child Development Unit
PLCC & KPCC
Autism Spectrum Disorder
PLAHS Ages, Stages, Questionnaire



Tuesday 14th May
@Mallee Park Football Club
10AM to 2PM

Activities for kids:



Balloon Activity



Face Painting



KPCC Nunga Playgroup

What else will be there:



Goodie Bags



Door Prizes on the day

Lunch and Transport provided



Get yourself registered
by scanning the QR code



Men's Bowel Cancer Information Day

PLAHS

has organized an Information session for men in community aging 45 and older

Dr. Monty

presenting about Bowel Cancer

Janet Birkin

presenting about Prostate Cancer

Special Guest Speakers

Lived Experience

⚔ Its the 3rd most common cancer in ATSI.

⚔ If found early, it can be treated more than 90% of cases.

⚔ Bower screening test can detect changes in the bowel long before your patient notices any problems.

⚔ ATSI people have low participation rates in bowel screening.



Wednesday 15th of May



10:30AM onwards



Mallee Park Football Club



Raffles will be drawn

****Lunch and Transport will be available****



PORT LINCOLN ABORIGINAL
HEALTH SERVICE LTD.

MAY 2024

Out & About



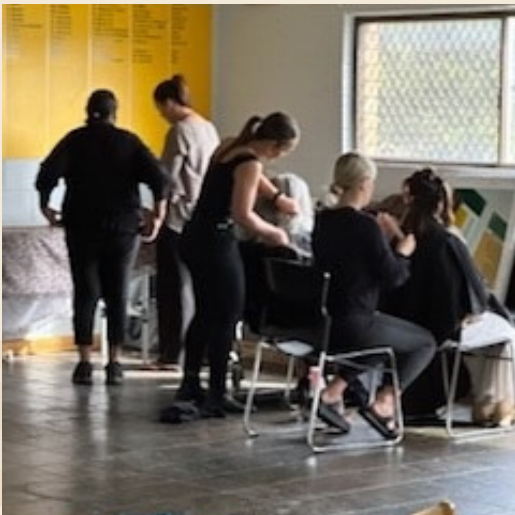
VISION BEYOND ADVISORY (VBA) TEAM AT PLAHS

We recently welcomed Sarah and Vanessa from Vision Beyond Advisory (VBA) on Thursday 18th and Friday 19th April 2024. The visit is one of the quarterly visits that VBA has committed to in providing PLAHS with external financial support. During their time at PLAHS we conducted a comprehensive review of our financial reporting methodology, discussed financial, payroll, and purchasing processes. These visits provide us with the opportunity to streamline processes whilst continuing with best practice. These regular reviews serve as a checkpoint for progress, ensuring PLAHS stays at the forefront of financial management and operational efficiency.



Out & About

“Women’s Health Event”



Out & About

“Elder’s Information Day“



Staff Profiles



Steven Benbolt

Tackling Indigenous Smoking Project Officer

NAME: STEVEN BENBOLT

FAMILY: DUNNETT/YARRAN, BENBOLT/KELLY

COMMUNITY: KOONIBBA/ WIRANGU

POSITION/ WORK: TIS PROJECT OFFICER

FAVOURITE FOOD: WHEN MY WIFE'S IN THE KITCHEN I KNOW SOMETHING IS GETTING WHIPPED UP DELICIOUS.

FAVOURITE DRINK: WATER/COFFEE/REDBULL

FAVOURITE MUSIC/SINGER: JOHN FOGERTY

AFL/NRL CLUB YOU SUPPORT: CARLTON/BRONCOS

ADVISE TO YOUNG PEOPLE: BE THE VOICE OF YOUR FAMILY AND TELL THEM TO QUIT SMOKING. SO YOU HAVE MORE MONEY TO SPEND.

HEALTH ISSUES IN COMMUNITY: YOUNG CHILDREN TAKING UP VAPING. WHEN WE DON'T NEED AN EXTRA ADDICTION IN THE COMMUNITY. WE AS PARENTS WANT EDUCATION TO BE THE KEY FOR OUR YOUTH.

THREE WISHES: HATE MAKING WISHES, THEY SEEM TO NEVER COME TRUE.

IF I COULD MEET, INVITE 3 PEOPLE AROUND A CAMPFIRE:

JAMIE OLIVER (FOOD), SEAN CHOOLBURRA (COMIDEIN), JACK JOHNSON (SONGS)



Chantal Farr

Female Tobacco Action Worker (TIS)

NAME: CHANTAL

POSITION/ WORK: TIS FEMALE TOBACCO ACTION WORKER

FAVOURITE FOOD: SEAFOOD, KANGAROO TAIL, SUSHI

FAVOURITE DRINK: HOT LATTE, WATER, COKE

ADVISE TO YOUNG PEOPLE: STAY IN SCHOOL SO YOU CAN GET A GOOD EDUCATION, DON'T VAPE.

HEALTH ISSUE IN COMMUNITY: MENTAL HEALTH AND DRUGS



Community Billboard



Design your artwork with the 2024 theme '**Keep the fire burning, blak, loud and proud**'

Who can enter:

Aboriginal and/or Torres Strait Islander young people aged 12-25

Rules:

Artwork needs to be entered as a digital design

Please write a story about your artwork with your submission

Final design will be printed in white on a black shirt (keep this in mind when submitting your design)

The winner will be rewarded with a

\$250 voucher

and have their design become a part of the headspace Port Lincoln NAIDOC Week uniform.

The winner will also have the opportunity to print their design on a shirt of their own thanks to Sandune Surf Co!



Competition closes on Friday 31st May 2024

Please submit your entries to: headspacepl@cobh.org.au



Community Billboard



Free workshop

2 Day Autism Workshop for Parents and Carers

Port Lincoln, SA



Scan the QR code or [click here](#) to register



This workshop is for parents, full time carers and grandparents.



Wednesday & Thursday
22 & 23 May, 2024
9:30am - 2:30pm



Port Lincoln Hotel
1 Lincoln Highway
Port Lincoln SA 5606

Morning tea and a light lunch will be provided



Interpreters available upon request

During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Working together with your child's school.

Learn more about autism and ways to strengthen the partnership between home and school.

For more information or to register visit:

<https://www.positivepartnerships.com.au/PC>

jcousins@positivepartnerships.com.au



0473 004 024

Community Billboard

NEW SMOKING AND VAPING LAWS IN SOUTH AUSTRALIA

From 1st of March 2024, Government of South Australia introduced new laws to ban smoking and Vaping in a variety of public outdoor areas in South Australia.



****MAXIMUM PENALTY OF \$750 AND MINIMUM OF \$105 IF BREACHES THE SMOKE-FREE AND VAPE-FREE OUTDOOR AREA LAW****



**PORT LINCOLN ABORIGINAL
HEALTH SERVICE LTD.**

Community Billboard



YOU MAY BE ELIGIBLE

Contact
Nunkuwarrin Yunti during
office hours (9am-5pm)

(08) 84061600
(ask for Redress)

Geetika
0403 587 401

For urgent and immediate
assistance contact:

Mental Health Triage
Ph 13 14 65

Beyond Blue
1300 22 4636

Lifeline
13 11 14

1800 RESPECT
1800 737 732

Mens Line
1300 78 99 78

Emergency Services
000

More information on the
National Redress Scheme
can be found at:

www.nationalredress.gov.au

1800 737 377
(Mon – Fri, 8am – 5pm)



Nunkuwarrin Yunti of South Australia Inc.
182-190 Wakefield Street, Adelaide, South Australia 5000
Postal Address: PO Box 7202 Hutt Street, Adelaide SA 5000
Tel: (08) 8406 1600 Fax: (08) 8232 0949 Health Fax: (08) 8223 7658
Email: nunku@nunku.org.au www.nunku.org.au

Nunkuwarrin Yunti
working together
for the benefit of Aboriginal Health

REDRESS

Find out if you are eligible



NUNKUWARRIN YUNTI SA TEAM VISITED PLAHS

Community Billboard



Nunkuwarrin Yunti
of South Australia Inc.

NATIONAL REDRESS SCHEME

What is the National Redress Scheme and how we can help?

The National Redress Scheme was set up following a Royal Commission into Institutional Child Sexual Abuse. The Redress Scheme Acknowledges and Supports people who experienced sexual abuse as children in Institutions.

Institutions could have been Government or Church/Religious organisations.

Nunkuwarrin Yunti is an Aboriginal controlled service in SA and we have a Redress Support Service that provides Aboriginal people with free, confidential, and culturally sensitive support and advocacy.

We help Aboriginal survivors of Institutional Child Sexual Abuse who are thinking of applying for Redress to complete their application process.

How can the Redress Scheme help you or someone you know?

Redress acknowledges the harm done to people when they were children, and the pain that people affected carry. Redress holds the Institutions responsible for the abuse, accountable for what happened to children in their care.

Under the Redress Scheme people affected are entitled to any or all of the following:

- A formal Apology and a Financial payment
- Access to Counselling and Clinical services

Who can apply?

You can apply for the National Redress Scheme if:

- you experienced institutional child sexual abuse before July 1, 2018
- you are aged over 18 years
- the Institution that is responsible for the abuse has joined the scheme.

Redress also applies to Aboriginal or Torres Strait Islander persons removed from family, under past government policies as a member of the Stolen Generations.

Applications can be submitted NOW (end date 30 June 2027).

You are invited, and welcome to contact our Support Workers by calling, (08) 84061600 during office hours (9am-5pm) and asking for Redress. It's **FREE** and you will be treated in strictest confidence.

If you are younger than 18, sentenced to more than 5 years in prison, currently in prison, already received a payment in relation to abuse or experienced abuse involving an institution that has not yet joined the scheme, we may still be able to assist with your application.