

Community News

Port Lincoln Aboriginal Health Services Ltd. 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



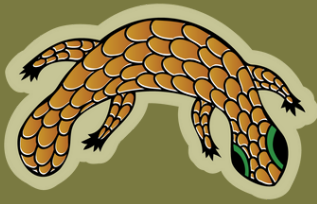
CONTACT US

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.



CEO Message

Carolyn Miller, CEO PLAHS Ltd.

CONTENTS

CEO Message	2
Immunisation Reminder	3
Adult Health Check	4
Social and Emotional Wellbeing team	5-6
Men Shed	7
Walking Group	8-10
Young Men's Group	11-12
Women's Group	
Upcoming Events	13-15
Out & About	16-21
Staff Profiles	22
Community Billboard	23-28

Welcome to 2024, I hope you've had a wonderful festive season and new year. As you may be aware that we do have a range of new staff and 2 new Registrars to our Service. Finally we are fully staffed to be able to do the work that Community expect.

This past year PLAHS have been successful in 4 staff units which will be built on Matilda Street, this project is due to be completed in July/August 2024. The upgrade of the clinic and reception area have been completed and finally the lifting of the attic upstairs is completed and allows for more office space for the SEWB team and additional staff.

As we continue to improve by reviewing our policies and procedures, preparing for our Clinical and Organisational Accreditation which takes time to get through, these are all ongoing projects that we need to maintain so that when we are being reviewed every 2 – 3 years.

There are some slight internal changes around the clinical area, with our Aboriginal Practitioner Clinic, so this is the first part of assessing your condition, to then be referred on. A Nurse Practitioner who also assess your condition to refer on to. We are trying to make it easier for you to be assessed and attended to in a timely manner.

It is concerning with clients coming in and being abusive and aggressive to staff. As this type of behaviour is not acceptable, the Police will be called. I know that at times when you are not well that it can be frustrating when you are unable to see a Doctor but we have systems in place to try and assist you when you come in. Please remember we are here to help you, and for you to help us, you need to also be patient and respectful.

Now that we have Doctors and Registrars consulting daily it is concerning that when you are booked in for an appointment, and if you are unable to attend, please ring to cancel in a timely manner, so that we can organise another Community member to see the Doctor.

There will be events of various types that PLAHS intends on running this year, please participate in activities if you can so that your become familiar with our programs and services.

We are planning our 30 year anniversary in the second half of the year so please keep your eye out for dates.



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 light green background with a faint pattern of stylized human figures. On the left, there are two illustrations of a hand holding a syringe and a vial of vaccine. On the right, there are two line-art icons of a person coughing into their elbow. The text is centered and reads:

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).

At the bottom center is the logo for Port Lincoln Aboriginal Health Service Ltd., which is an oval containing a stylized lizard and the text "PORT LINCOLN ABORIGINAL HEALTH SERVICE LTD.". In the bottom right corner, there is a small circular icon with a gear and a question mark.

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



SEWB Update

MEN SHED



Neil Dunning presenting an awareness session

A Men's Shed for Aboriginal men has commenced in Nov 2022 when a small shed became available at the rear of MPFC. It was recognised by the local Aboriginal men the need for our community to address their physical, social and emotional health and wellbeing, and to look at the social determinants of Men's health. An Aboriginal men's health and well-being place also would promote and support intergenerational relationships. To support health and wellbeing of Men during their visit to Men Shed, various informative sessions are organised time to time.

The Men's Shed is open each Thursday from 10.30am to 1.00pm with lunch provided. The location is the large shed at rear of Mallee Park Football Clubrooms.

If you would like to attend and or need transport, please call Port Lincoln Aboriginal Health Service on 86830162.

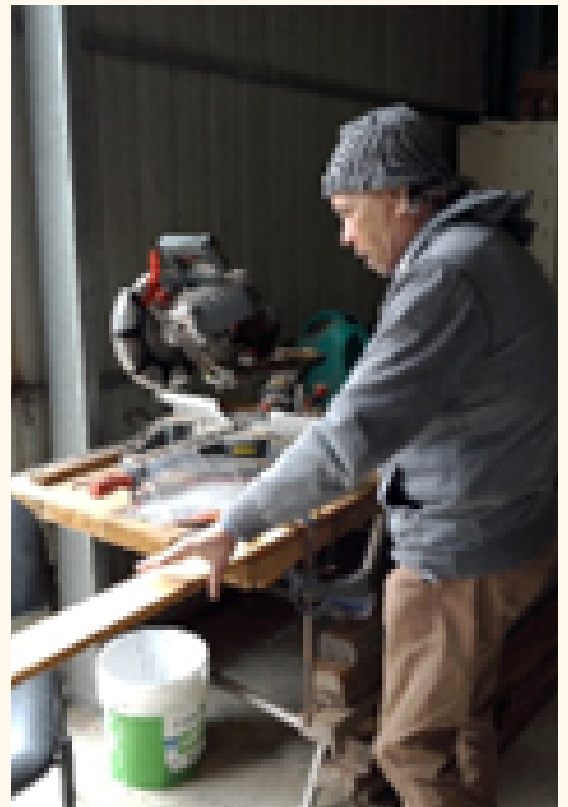


Insides of Men Shed

By Warren Clements, Senior Manager PLAHS Ltd.



Dr. Alex delivering an educational session at men Shed for prostate cancer.



WALKING GROUP



PLAHS walking group meets every **Tuesday and Friday at the Port Lincoln foreshore between 10AM to 12PM**. This is a good way to keep fit and walk with other people for company and motivation.

Walking is a proven way of getting your health and wellbeing back on track giving you a better quality of life especially those of us who are getting on in years.

The group walks along the picturesque coastline taking in many natural signs of Port Lincoln and occasionally get chance to experience Marine biology.

If you are interested in being a part of the Walking Group and want to get more information, than contact the Social and Emotional Wellbeing Team (SEWB) at PLAHS as they will be happy to assist you in getting down on Tuesday's and Friday's to join in the fun and start your journey to better health.



YOUNG MEN'S GROUP

The Young Men's Group is back in full swing in 2023. Currently the group is enjoying playing Basketball but have a whole range of activities are planned for this year. PLAHS encourages all the young men to attend and be involved. This group promotes healthy lifestyles and provides people with information to assist them in their day to day lives. For more information contact the PLAHS Social and Emotional Wellbeing (SEWB) team. We meet at the **Port Lincoln Leisure Centre every Thursday.**

Glimpse of young men visiting AB Farm:





Boxing:



Golf:



WOMEN'S GROUP

The PLAHS women's Group has commenced its programs from 2023 and are meeting every **Wednesday at the Port Lincoln Aboriginal Community Council Wellness Centre from 10AM to 1PM.**



“Cheryl and Gillian from Country Arts SA are helping the group to learn new techniques of painting.”



WOMEN'S GROUP



“**Hollie Webb** from Rikina Weave helped the group to learn basket weaving”



Upcoming Events in April



APRIL

18

10AM to 2PM

**Wills, Power of Attorney and Executors of Wills
Information Day for Elders**

MALLEE PARK FOOTBALL CLUB

APRIL

24

World Immunisation Week

APRIL

25

Anzac Day

APRIL

29

Heart Day





**PORT LINCOLN ABORIGINAL
HEALTH SERVICE LTD.**

*organised Wills, Power of Attorney and Executors
of Wills Information Day for Elders*

session will be presented by Mr. Duncan Fowler (Lawyer) from
Boston Bay Legal

DATE:
Thursday 18th April, 2024

VENUE:
Mallee Park Football Club

TIME:
10:30AM



There will be Lunch & Bingo after the session



Presented by:



PORT LINCOLN ABORIGINAL
HEALTH SERVICE LTD.



“Save the date for one of our event in May as well”



PLAHS

Early Childhood Intervention Information session

“to educate parents about the importance of accessing early intervention supports including NDIS to access speech therapy and occupational therapy.”



Tuesday 14th May

@Mallee Park Football Club from 10AM onwards

Representatives including **Occupational Therapist and Speech Therapist** but not limited to..

Get your registered by scanning the QR code



PLAHS Child and Parental team will be there with **Age Stages Questionnaire**

Activities for kids:



Balloon Activity



Face Painting

Lunch and Transport provided



APRIL 2024

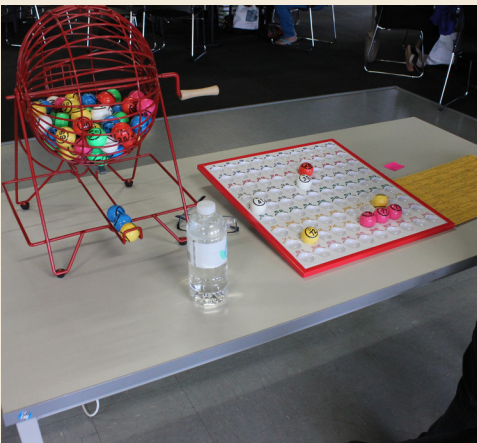
Out & About

“Closing the Gap Day- BBQ Lunch”



Out & About

“Community Expo”



Out & About

“Age Care Information Session”



Out & About

“Healthy Lunchbox Session”



Out & About

“International Women’s Day”



Out & About

“ITC Forum”



ITC FORUM (2024) IN ADELAIDE



Staff Profiles



Jhy Martin

Aboriginal Community Support Worker

NAME: Jhy Anthony

FAMILY: Dudley/ Martin

COMMUNITY AND TRIBE: Port Lincoln/ Wirangu, Barngarla
Point Pearce/ Narangga

Flinders rangers/ Adnyamathanha

POSITION/ WORK: Support Worker

FAVOURITE FOOD: Tuna mornay

FAVOURITE DRINK: Gatorade

FAVOURITE MUSIC/ SINGER: Chris Brown

AFL/ NRL CLUB YOU SUPPORT: Port Adelaide

ADVISE TO YOUNG PEOPLE: Finish school and work hard
to get your dream job and make your family proud.

HEALTH ISSUES IN COMMUNITY: Diabetes, Cancer

THREE WISHES: To buy and own a house, 79 series
Landcruiser and a big boat,

**IF I COULD MEET, INVITE 3 PEOPLE AROUND A
CAMPFIRE:** Josh Addo Carr, Humdinger, Kevin Hart.



Toni-Lee Kirby

NDIS Remote Community Connector

NAME: Toni-lee Kirby

FAMILY:

COMMUNITY AND TRIBE: Yankunytjatjara

POSITION/ WORK: NDIS Remote Community Coordinator

FAVOURITE FOOD: Chinese Food

FAVOURITE DRINK: V Energy Drink

FAVOURITE MUSIC/ SINGER: RnB and Country

AFL/ NRL CLUB YOU SUPPORT: Adelaide Crows

ADVISE TO YOUNG PEOPLE: Never give up on your dream and
stay strong.

HEALTH ISSUE IN COMMUNITY: Vape smoking is a big health issue
in community.

THREE WISHES: To own my own home, To take my family to the
Gold Coast for a holiday, To win the lotto.

IF I COULD MEET, INVITE 3 PEOPLE AROUND A CAMPFIRE:
Travis Tritt, Chris Brown, Brooks and Dunns.



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



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.

Community Billboard



WHAT DOES A JP DO?

JPs are appointed by the Attorney-General of South Australia.

The role of a JP is to act as an independent and impartial witness to documents people make for legal or official purposes.

JPs can witness legal documents including statutory declarations and affidavits, as well as certifying true copies of a document.

HOW TO BECOME A JP

The criteria for becoming a JP includes being at least 18 years of age, a South Australian resident, of good character, understand the duties and powers of a JP, speak English well enough to understand documents, live or work in an area that requires a JP, and be willing to undergo a National Police Check.,

Further information can be obtained at: SA.GOV.AU - [Apply to become a Justice of the Peace \(www.sa.gov.au\)](http://Apply to become a Justice of the Peace (www.sa.gov.au))

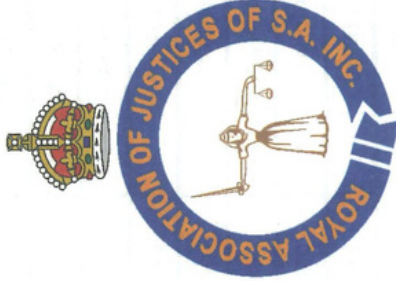
FINDING A JP

There are several ways to find a JP:

1. Type "Find a JP SA" into a web browser. Then enter the postcode for your area and a list of JPs and phone numbers will be available.
2. View list of Active and Contactable JPs on the City of Port Lincoln website - Justice of the Peace Services | City of Port Lincoln.
3. A JP is in attendance at the Port Lincoln Library each Tuesday and Thursday between 1:00pm – 3:00pm. No appointment is required.

As volunteers JPs services are provided free of charge.

SOUTHERN EYRE GROUP OF JUSTICES



JUSTICES OF THE PEACE (JPs)

JUSTICES OF THE PEACE - PORT LINCOLN

Name	Phone No.
AMOS, Barry (Mr)	0427 528 174
ANDERSON, Kathleen (Ms)	0421 023 496
BLACKER, Peter (Mr)	0428 164 162
BOURKE, Graeme (Mr)	8682 3235
CHANNON, Phillip (Mr)	0488 574 399
CHRISTENSEN, Terri (Ms)	0422 278 318
CORDON, Angela (Mrs)	0429 826 599
DAVENPORT, Julie (Mrs)	0419 831 121
DICKIE, Warren (Mr)	0427 828 235
DUNLOP, Geoffrey (Mr)	0410 654 052
DUURLAND, Gloria (Mrs)	0428 824 724
EDEN, Gregory (Mr)	0418 837 129
ELING, Martin (Mr)	0438 889 663

Name	Phone No.
EVERETT, Erin (Ms)	8683 0266
FIEGERT, Michelle (Mrs)	0429 196 264
GAMBLE, Colin (Mr)	0438 285 742
HASLAM, Craig (Mr)	0428 870 455
IRVINE, Anthony (Mr)	0417 850 266
KARUTZ, Glenn (Mr)	0428 305 396
KENNETT, Graham (Toby) (Mr)	0416 065 390
KERYN, Belinda (Mrs)	0401 331 940
LOW, Julie (Mrs)	0428 843 522
MCGRATH, Anna (Mrs)	0417 460 578
MIELS, Richard (Mr)	0447 338 998
MILLER, Kylie (Ms)	0439 673 596
MOLDRICH, Derry (Mr)	0447 505 333
MRDIEN, Louise (Mrs)	0418 895 962

Name	Phone No.
PARSONS, Brenton (Mr)	0400 382 332
PAUES, Edwin (Mr)	0458 489 687
PHILLIPS, James (Mr)	8682 5099
POOLE, Dionne (Mrs)	0422 547 574
SCHLOSS, Andrea (Mrs)	0429 833 929
SHARRAD, Ross (Mr)	8682 6048
STARKE, Neville (Mr)	0429 036 907
STEER, Geoffrey (Mr)	0427 608 890
STEHR, Hagen (Mr)	0400 920 020
STOLL, Anthony (Mr)	0407 013 982
SYKES, Deborah (Mrs)	0414 848 886
WATKINS, Jennifer (Mrs)	8684 2001
ZERK, John (Mr)	0428 891 014

Please note: As volunteers JPs may not be available at all times