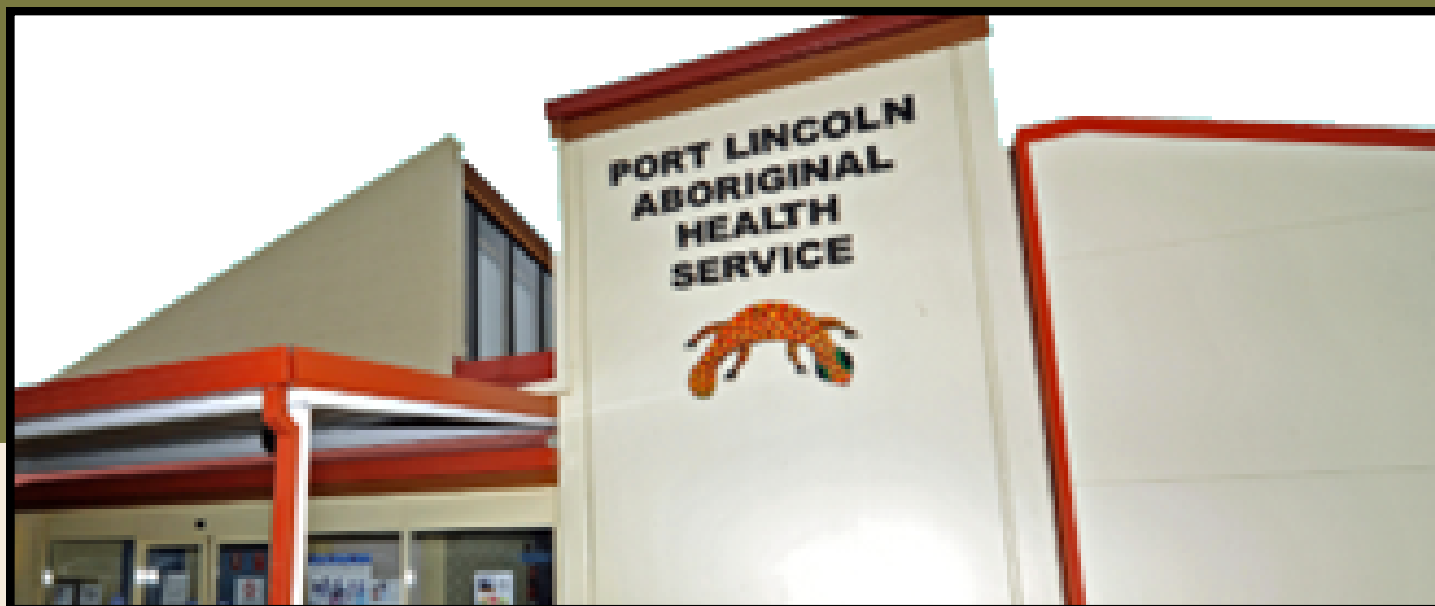


Community News

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



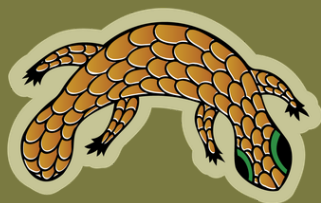
CONTACT US

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

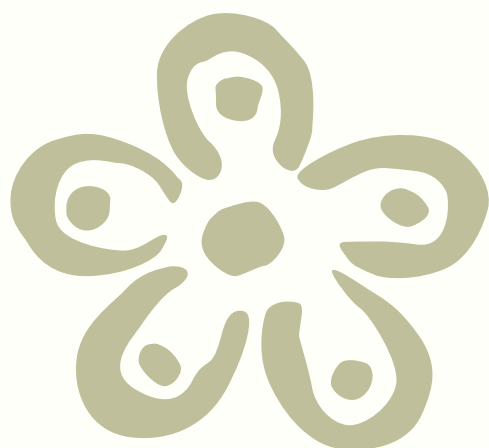
Monday to Friday 8.30am to 5.00pm
*Please note the clinic is closed
between 12.30pm and 1.30pm

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.

As we head into the warmer months hoping to see you all out and about and enjoying the beautiful place that we live and work on. I wish to thank those Community members who participated in our second vaccination clinic at Mallee Park.

We have held our Members meeting and wish to let you know that PLAHS are in the process of changing its name to Galinyala Aboriginal Health Service. This name change has been discussed for some time and now I can say that we are going through the process. This will take some time but please be aware that our signage will change.

Once again I need to raise the behaviour of Community members who come in to our service who are becoming more violent towards staff and abusive. Please be aware that if this is you, the police will be called and further action will be taken against you. I am sad to hear that our young staff in the Reception area seem to always be targeted, and they come to work to work. Remember these young people are not only our nieces or grandchildren, but are our future and we need to protect them.

PLAHS Driving service is not a taxi service for Community, they have there work planned a day before for bringing clients in for Doctors and Specialist appointments at PLAHS, this is their priority, support to be picked up for other matters is your responsibility, you cannot expect to ring up and be picked within 5 minutes to go to other health services, as this is your responsibility. Please be respectful of our drivers who are already busy during the day. Remember this is not the Receptions fault if they tell you that you cannot be picked up, they to are only doing there job.

Please enjoy finals in football and netball as it is coming up to this time of the year.

Thank You



DENTAL HEALTH MONTH: HEALTHY SMILES FOR A HEALTHY LIFE

August is **Dental Health Month**, a great opportunity to focus on the importance of good oral health and the positive impact it has on our overall wellbeing.

Good oral health is about more than having a bright smile. Healthy teeth and gums help us eat, speak, socialise, and maintain our confidence. Poor oral health can lead to tooth decay, gum disease, pain, infection, and can even affect other areas of health, including heart health and diabetes management.

Simple Steps for a Healthy Smile

- ✓ Brush your teeth twice a day using fluoride toothpaste.
- ✓ Clean between your teeth daily with floss or interdental brushes.
- ✓ Drink plenty of water, especially fluoridated tap water.
- ✓ Choose healthy foods and limit sugary drinks and snacks.
- ✓ Visit your dentist regularly for check-ups and preventive care.

Looking After Children's Teeth

Healthy habits start early. Parents and carers can help children maintain healthy teeth by:

- Brushing children's teeth twice daily.
- Encouraging water instead of sugary drinks.
- Limiting sweet snacks and treats.
- Scheduling regular dental check-ups.
- Making oral health part of the daily routine.

Oral Health and Overall Wellbeing

Oral health is closely connected to general health and wellbeing. Looking after your teeth and gums can help prevent pain, improve nutrition, support speech development in children, and contribute to a better quality of life.

PLAHS Encourages Regular Dental Check-Ups

Regular dental visits allow problems to be identified early before they become more serious. If you have concerns about your oral health or would like information about dental services, speak with your healthcare provider.

This Dental Health Month, take a few simple steps towards a healthier smile for you and your family.



Healthy Smiles



Healthy Families



Healthy Communities



OUT & ABOUT



Empowering Young Minds Through Tobacco and Vaping Education

On 18 August 2026, the PLAHS Tobacco Information Service (TIS) School Education Program visited Port Lincoln Primary School, delivering an engaging and interactive health education session to 10 Aboriginal Year 5 students. Facilitated by Chantal with support from Zena, the program aimed to increase awareness of the health and financial impacts of smoking and vaping while encouraging students to make positive lifestyle choices.

The session began with a discussion about vaping, giving students the opportunity to share their existing knowledge and ask questions. Through an age-appropriate presentation, facilitators addressed common misconceptions and provided accurate information about the risks associated with nicotine use. Students demonstrated strong engagement throughout, contributing thoughtful responses and showing genuine interest in the topic.

A highlight of the day was the Healthy Lung Activity, where students compared inflating a normal balloon with a balloon tightly wrapped in tape. The activity provided a powerful visual demonstration of how smoking and vaping can affect lung function and breathing capacity. Students quickly recognised the difference and gained a memorable understanding of the importance of healthy lungs.

Another favourite was the Money Game, which explored the financial cost of smoking and vaping. Students calculated how much money could be spent on nicotine products over time and discussed how those funds could instead be invested in positive alternatives. The activity encouraged critical thinking and reinforced the long-term benefits of remaining smoke-free and vape-free.



OUT & ABOUT



Students also participated in a Question and Answer Session, where they demonstrated their understanding of the information presented throughout the day. Four students were rewarded with Kmart vouchers for their excellent participation and knowledge.

To conclude the session, students completed the Pledge Tree Activity, making personal commitments towards maintaining healthy lifestyles and staying smoke-free and vape-free. This reflective activity encouraged students to take ownership of their health and wellbeing.

Each participant received a resource pack including a lunch box, pencil case, socks, hat and a Puyu Wiya rugby top as recognition of their involvement and active participation.

The session was a great success, with students remaining engaged, respectful and enthusiastic throughout the program. PLAHS is proud to continue supporting young people with education that promotes healthy choices, strengthens knowledge, and empowers future generations to make informed decisions about their health.

Together, we are building healthier futures for our young people and communities.



OUT & ABOUT

WOMEN'S GROUP



Creative Connections: Jewellery Making, Healthy Cooking and Future Opportunities.

Participants enjoyed a vibrant and engaging session focused on creativity, healthy eating and social connection. The group took part in stacker ring jewellery making with Jasmine from Studio Surf, giving everyone the opportunity to learn hands-on craft skills, express their personal style and experience a strong sense of achievement.

The cooking activity with dietician Rachel, who guided participants through preparing healthy nourish bowls. This activity encouraged conversation around simple, nutritious food choices while giving the group practical recipe ideas they can use at home. Rachel's nourish bowls added another healthy and colourful option to the day's shared meal.



OUT & ABOUT



SUCCESSFUL VACCINATION CLINIC IMPROVES COMMUNITY PROTECTION

PLAHS recently held another successful vaccination clinic, helping to protect community members against a range of vaccine-preventable illnesses.

The clinic saw **40 clients** attend, with a total of **78 vaccines administered** across several immunisation programs. The strong turnout highlights the community's commitment to maintaining good health and preventing serious illness.

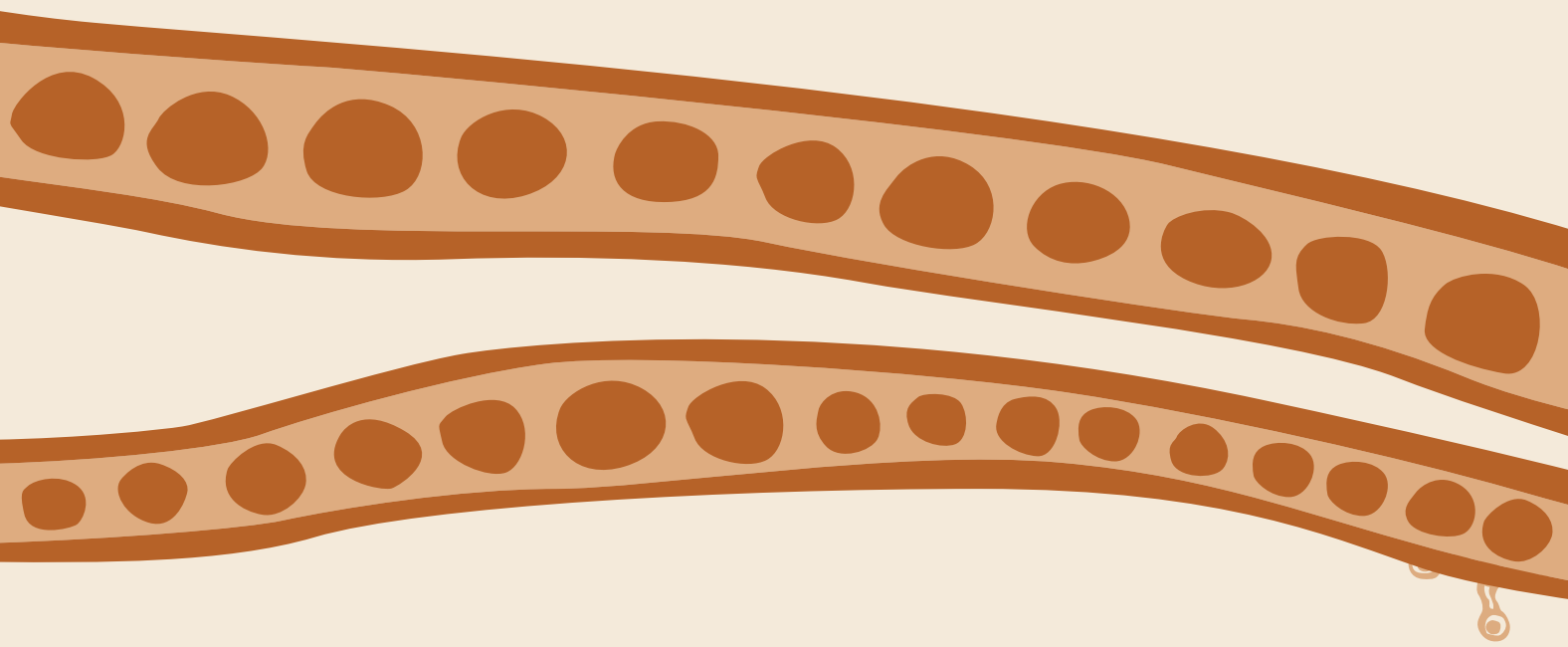
Vaccines administered included:

- Diphtheria: 23
- Respiratory Syncytial Virus (RSV): 7
- Pneumococcal: 22
- Hepatitis B: 4
- Influenza (Flu): 17
- Shingles: 5

Vaccination remains one of the most effective ways to protect individuals, families, and the broader community from preventable diseases. Regular immunisation helps reduce the risk of illness, complications, and hospitalisation, particularly for older adults and those with underlying health conditions.

PLAHS would like to thank everyone who attended the clinic and the staff who supported its delivery. We look forward to continuing to provide vaccination opportunities and helping our community stay healthy and protected.

Together, we can build a healthier community through prevention and proactive healthcare.



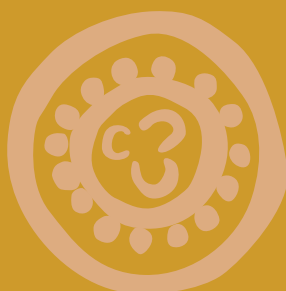
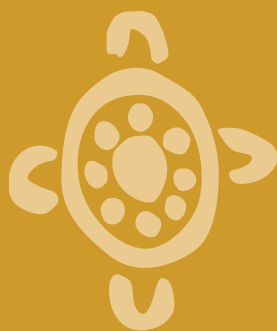
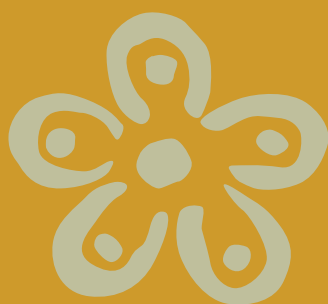
EMPLOYEE OF THE MONTH - JULY

**JENNIFER JOHNCOCK**

Outstanding work with supporting the Cervical Screening Health Promotion. Jennifer made a personal effort to go the extra step by organising promotional material and providing home visits for PLAHS clients. She persisted to gather self-collect test kits not only for cervical screening but also for bowel screening, with great success! This has ensured clients have had excellent follow up care.



STAFF PROFILE

**JAMELIA HASELDINE****Aboriginal Health Worker Trainee****Name:** Jamelia Haseldine**Family:** from Ceduna**Community and Tribe:** Kokatha and Mirning**Position/ Work:** Aboriginal Health Worker Trainee**Favourite Food:** Chicken Parm**Favourite Drink:** Lemon Lime bitters & Water**Favourite Music/ Singer:** Maoli**AFL/ NRL Club you Support:** None but if I had to choose it would be the crows.**Advice to Young People:** Talk to someone they trust if they're feeling, sad, stressed, overwhelmed or anxious. Looking after your mental health is just as important as physical health.**Health Issues in Community:** RHD (Rheumatic Heart Disease) it is a disease that damages the heart valves, usually after rheumatic fever caused by strep A infection.**Three Wishes:** to see my pop again, be richer than Elon Musk, have an island named after me.**If I could meet, invite 3 people around a campfire:** Maoli, my pop and Rihanna

COMMUNITY BILLBOARD



♥♥♥ Big News, Community! ♥♥♥

PLAHS will soon be known as
**Galinyala Aboriginal Health Service
Ltd (GAHS Ltd).**

While our name is changing, everything you know and trust remains the same. Our people, our services, and our commitment to providing culturally safe, community-controlled health care will continue as always.

You may start to see both names used while we update our signs, uniforms, and information materials.

Thank you for your ongoing support as we take this exciting step forward together.

♥♥♥ Community controlled. Community led.
Community strong. ♥♥♥

#PLAHS #Galinyala
#CommunityControlledHealth #StrongerTogether
#AboriginalHealthService

PLAHS Directors



COMMUNITY BILLBOARD

ADULT HEALTH ASSESSMENT (AHA) Clinic Days- September

Take charge of your health and wellbeing

- ✓ Check your overall health
- ✓ Discuss health concerns
- ✓ Access support services
- ✓ Prevent future health issues

PLAHS will be offering dedicated Adult Health Assessment (AHA) appointments on the following dates in September:

 Wednesday 9 September
• Dr Serena (All Day)

 Monday 21 September
• Dr Monty (morning session)
• Dr Mary (All Day)

 Tuesday 15 September
• Dr Monty (9:20am – 12:00pm)
• Dr Serena (9:20am – 3:40pm)

 Tuesday 29 September
• Dr Mary (All Day)

 **Book Your Appointment Today**

Call Reception **08 8683 0162** or email reception@plahs.org.au

Supporting healthier communities through prevention, early detection, and ongoing care.

COMMUNITY BILLBOARD

BECOME A MEMBER OF PLAHS

YOUR VOICE. YOUR HEALTH SERVICE. YOUR COMMUNITY.

Port Lincoln Aboriginal Health Service (PLAHS) is committed to providing culturally safe and responsive healthcare for our community. By becoming a PLAHS member, you can play an important role in helping shape the future of our organisation and the services we provide.

Membership is a great way to stay connected, have your voice heard, and support PLAHS in delivering quality health and wellbeing services to Aboriginal and Torres Strait Islander people and their families.

Why Become a member?

As a PLAHS member, you can:

- ✓ Have a say in the future direction of PLAHS
- ✓ Participate in Annual General Meetings
- ✓ Vote on important matters affecting the organization
- ✓ Support the growth and sustainability of community-controlled healthcare
- ✓ Be part of a stronger, healthier community

How to Apply

Applying for membership is quick and easy.

- 📱 Scan the QR code to access and complete the online membership form.
- 🌐 Visit www.plahs.org.au and complete the membership form online.
- 📄 Prefer a paper copy? Visit the PLAHS Reception to collect and submit a physical membership form.

Join Today

Your involvement helps ensure PLAHS continues to reflect the needs, aspirations, and voices of our community.

Become a PLAHS member today and be part of building a healthier future for our community.

Port Lincoln Aboriginal Health Service (PLAHS)

Working together for healthier families and stronger communities.



YOU'RE INVITED

60 YEARS OF KINDY



30 YEARS OF LONG DAY CARE

PORT LINCOLN CHILDREN'S CENTRE ANNIVERSARY CELEBRATION

80 Saint Andrews Terrace,
Port Lincoln

RSVP: 8683 3073
BY THE 12TH OCTOBER 2026

**FRIDAY 20TH
NOVEMBER
11:00-2:00PM**

