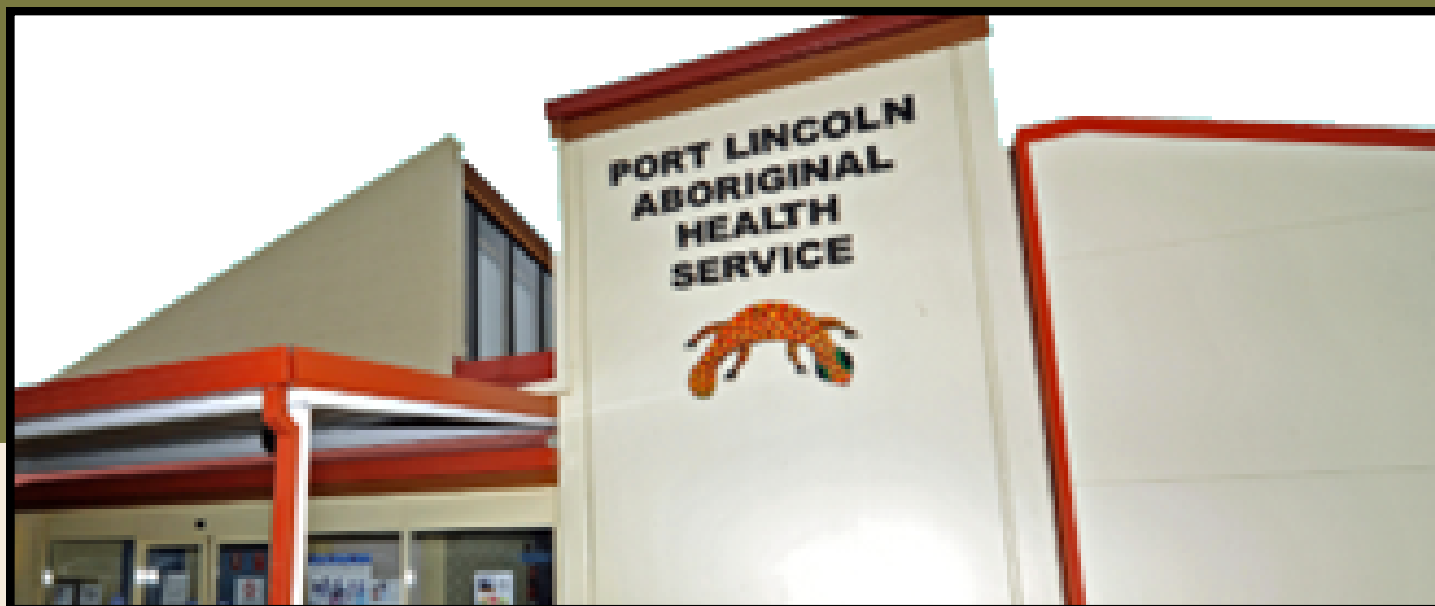


Community News

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

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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.

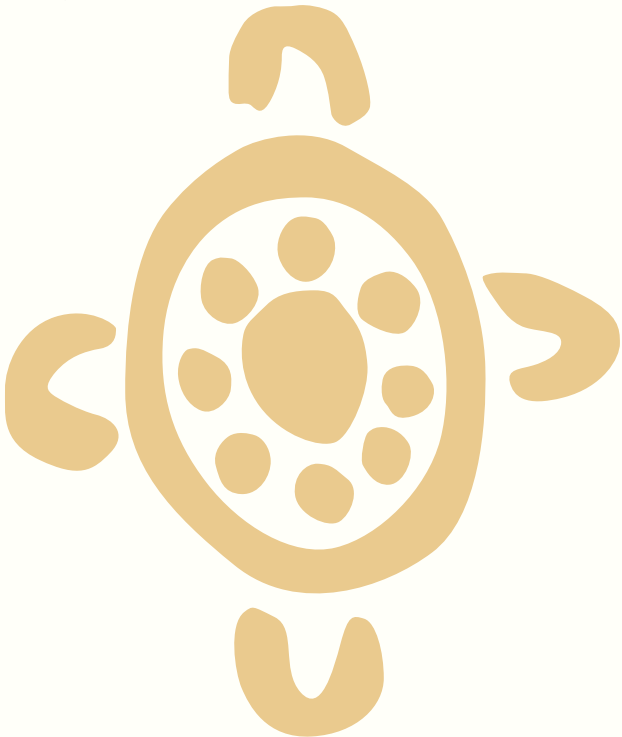
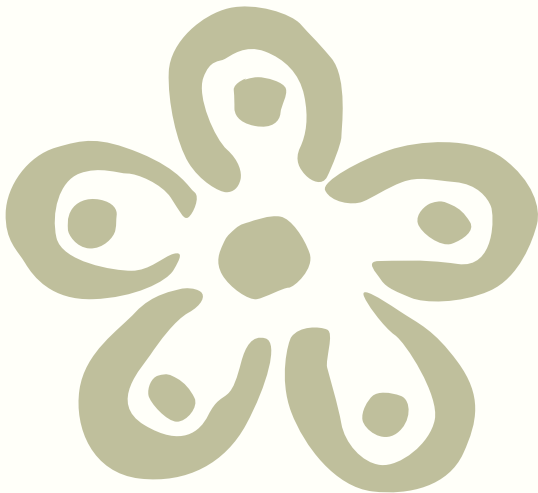
We are in the middle of winter as we are in July. It was great to see a huge turn up at the NAIDOC march on Friday and also at the PLAHS cookout, what an absolutely great event. I wish to thank community for their participation in the events provided.

I would like to remind you that vaccinations are still available for you to have and I would encourage each and everyone of you to have them, so that you can be well.

I have some good news that PLAHS have put in an application and we were successful in applying for a Dental Service. So from now until this time next year we have work to do to set up the infrastructure first, hoping to have this in operation around this time next year. Some other upgrades going on is the carpark where we currently park the work vehicles will be enclosed and secured sometime this year.

Please continue to use services available to you to so ensure that your health and wellbeing is being managed, Remember we are here to help you through your health journey.

Thank You



NAIDOC WEEK: CELEBRATING CULTURE, STRENGTH AND HEALTH

Each year, NAIDOC Week provides an opportunity for all Australians to celebrate and recognise the history, culture, achievements and enduring strength of Aboriginal and Torres Strait Islander peoples. It is a time to honour the world's oldest continuing cultures and to reflect on the important role that culture, connection to Country, family and community play in health and wellbeing.

At PLAHS, NAIDOC is more than a celebration—it is an opportunity to acknowledge the resilience of Aboriginal and Torres Strait Islander peoples and to continue working towards health equity for our communities.

CULTURE IS HEALING

For Aboriginal and Torres Strait Islander peoples, health goes beyond physical wellbeing. Health is holistic and includes connection to Country, family, community, spirituality, culture and identity. Research consistently shows that strong cultural connections contribute to better mental health, improved wellbeing and stronger community outcomes.

Cultural practices, language, storytelling and connection to ancestors help build a sense of belonging, pride and resilience. These protective factors are essential for supporting social and emotional wellbeing across all stages of life.

UNDERSTANDING HEALTH INEQUALITIES

Despite the strength and resilience of Aboriginal and Torres Strait Islander communities, significant health inequalities remain.

Aboriginal and Torres Strait Islander Australians continue to experience higher rates of chronic diseases such as:

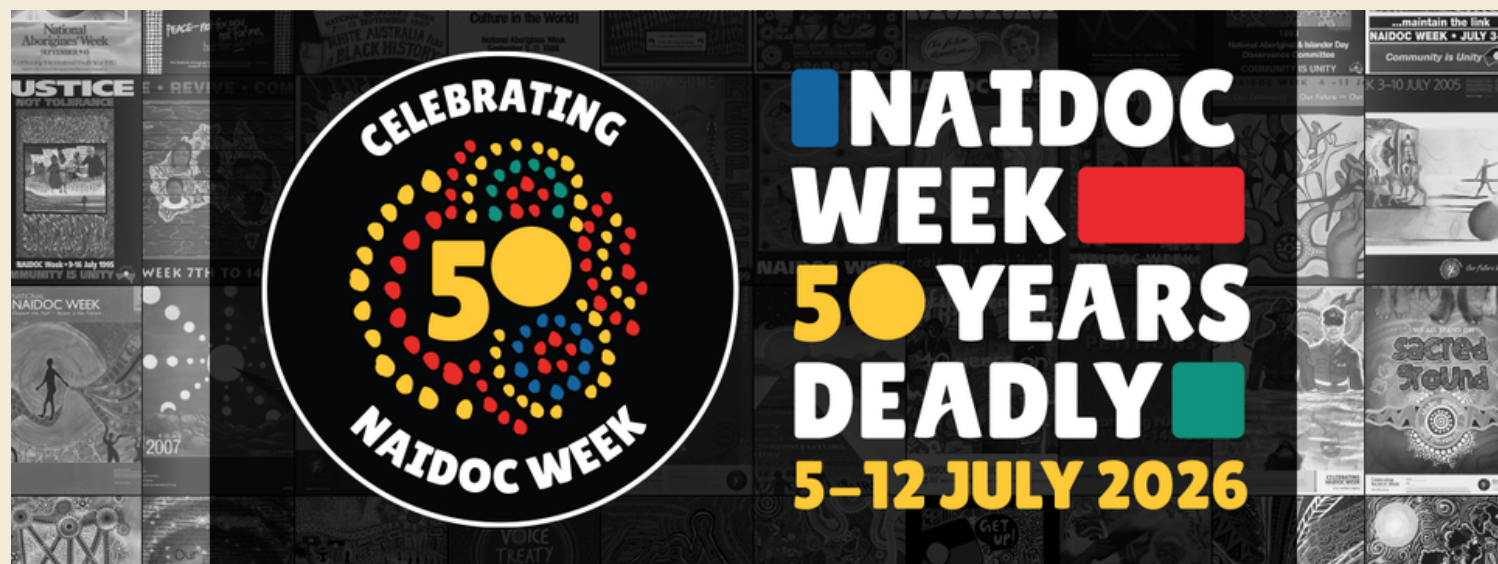
Diabetes

Cardiovascular disease

Kidney disease

Respiratory illnesses

Oral health problems



These inequalities are linked to a range of factors, including historical disadvantage, colonisation, racism, barriers to healthcare access, housing challenges, education opportunities and socioeconomic circumstances.

The impact of these factors can affect health outcomes across generations and contribute to ongoing disparities in life expectancy and wellbeing.

WORKING TOWARDS HEALTH EQUITY

Improving health outcomes requires more than treating illness. It involves creating culturally safe health services, strengthening prevention and early intervention programs, supporting community-led solutions and addressing the broader social determinants of health.

Aboriginal Community Controlled Health Organisations, such as PLAHS, play a vital role in delivering holistic, culturally appropriate healthcare that reflects the needs and strengths of local communities.

Through health promotion, screening programs, chronic disease management, family support services and community engagement activities, PLAHS works to empower individuals and families to achieve better health outcomes.

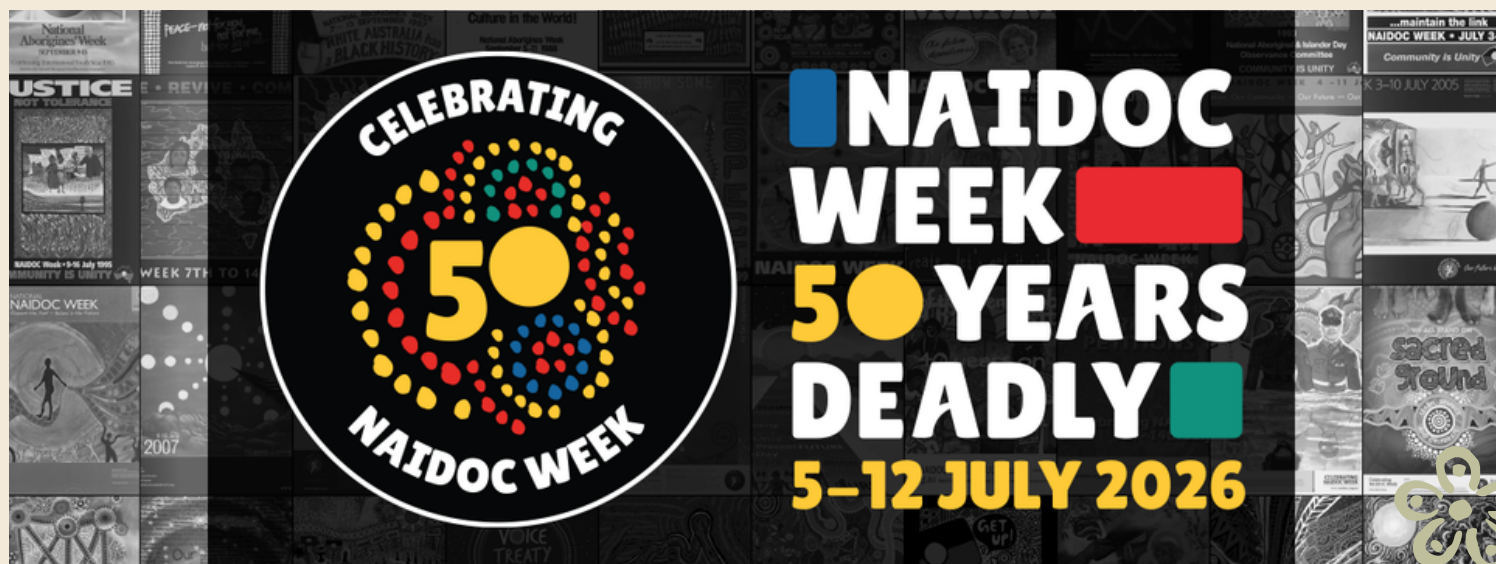
THE IMPORTANCE OF NAIDOC

NAIDOC Week reminds us that culture is a strength, not only for Aboriginal and Torres Strait Islander peoples but for Australia as a whole. By learning from and celebrating First Nations cultures, we foster respect, understanding and reconciliation.

As we celebrate NAIDOC, let us recognise the achievements of Aboriginal and Torres Strait Islander peoples, honour Elders past and present, and continue working together to create healthier futures for generations to come.

At PLAHS, we are proud to support strong culture, strong families and strong communities.

Happy NAIDOC Week from the team at Port Lincoln Aboriginal Health Service. ❤️💛❤️





Building Resilience Through Mooditj Leader Training

Earlier this month, Mia and Jamelia from the PLAHS Child and Parental Team participated in the Mooditj Leader Training held in Port Lincoln. The training brought together participants from a range of services, towns, and states, providing a valuable opportunity to learn, collaborate, and strengthen culturally responsive approaches to supporting young Aboriginal people.

Mooditj is a culturally centred resilience, relationships, and sexual health education program designed for Aboriginal young people aged 10–14 years, with the flexibility to be adapted for older age groups. Developed by Sexual Health Quarters (SHQ) in partnership with Aboriginal communities across Western Australia over the past 20 years, the program aims to empower young people through education, confidence-building, and positive life skills.

The three-day interactive training equipped participants with the knowledge, skills, and confidence required to facilitate Mooditj programs within their communities. Delivered with strong Aboriginal leadership, the course focused on culturally safe engagement, relationship building, and practical strategies to support the social and emotional wellbeing of young people.

Mia and Jamelia are excited to bring this knowledge back to the local community and hope to deliver future Mooditj programs in partnership with Port Lincoln High School, helping young people develop resilience, strengthen relationships, and make informed decisions about their health and wellbeing.

PLAHS is proud to support professional development opportunities that contribute to stronger outcomes for Aboriginal children, young people, and families.



OUT & ABOUT



Colour Fun Run- Puyu Wiya during NAIDOC Week

Community members came together at Mallee Park on 8 July for the Puyu Wiya TIS Colour Fun Run, one of the highlights of NAIDOC Week 2026. The event provided a fun and active opportunity for children, families, and community members to celebrate culture, health, and community connection.

Participants enjoyed a vibrant course featuring colour stations, event merchandise, and a festive atmosphere, with every participant receiving a commemorative medal at the finish line.

The event also achieved strong community engagement, with 198 Pledge Leaves and 130 VideoAsk Surveys completed. Feedback was overwhelmingly positive, with attendees praising the inclusive, family-friendly environment and excellent organisation.

A special thank you to all staff, volunteers, and supporters whose hard work helped make the Colour Fun Run a memorable and successful community event.



OUT & ABOUT



OUT & ABOUT



OUT & ABOUT



Chronic Conditions Team outreach was conducted using the PLAHS bus on Monday, 29 June 2026, providing mobile healthcare services within the community.

A total of six patients were seen for chronic disease care planning, including assessment, review, and updates to their individual care plans.

The outreach was delivered by a multidisciplinary team consisting of Dr. Joseph Snyder, Kingsley Bilney (Aboriginal Health Worker), and Registered Nurses Winnie Santos and Correna Franklin, ensuring coordinated, culturally appropriate, and patient-centered care.

Patient Jean McNamara and Chronic Conditions Team with Dr. Joseph Snyder



EMPLOYEE OF THE MONTH - JULY



CARE PLAN TEAM

KINGSLEY, CORRENA AND WINNIE

Facilitating and arranging home visits to deliver care to some of the most isolated and vulnerable members of the community in a safe manner, delivering care that they would otherwise not receive. A special mention to Kingsley as well for being willing to have difficult conversations with clients regarding their health.



STAFF PROFILE

**CORRENA FRANKLIN**

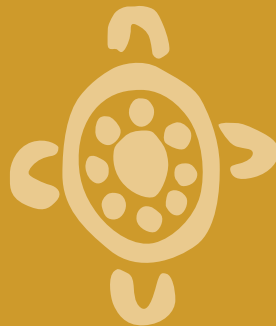
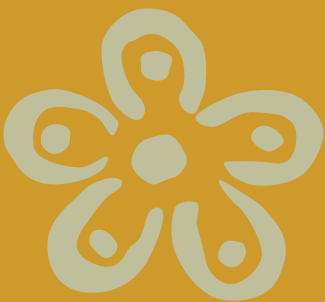
Chronic Condition / RN

Name: Correna Franklin**Family:** Sierra (daughter), Mum (Leona), Dad (Dave), Brothers; Kris and Michael, sister in law's Tiff and Lisa, nephews; Oska and Clancy, nieces; Brooklyn, Lola and Poppy**Community and Tribe:** Far West Coast - Wirangu**Position/ Work:** Registered Nurse- Chronic Conditions Team**Favourite Food:** Seafood**Favourite Drink:** Lemon Lime Bitters**Favourite Music/ Singer:** Pete Murray**AFL/ NRL Club you Support:** Port Power**Advice to Young People:** Respect yourself and others**Health Issues in Community:** Diabetes, Obesity, and housing**Three Wishes:**

1. equality in the world,
2. no pollution
3. world peace

If I could meet, invite 3 people around a campfire:

My Grandmother (who has passed), my daughter and my Mum



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.

