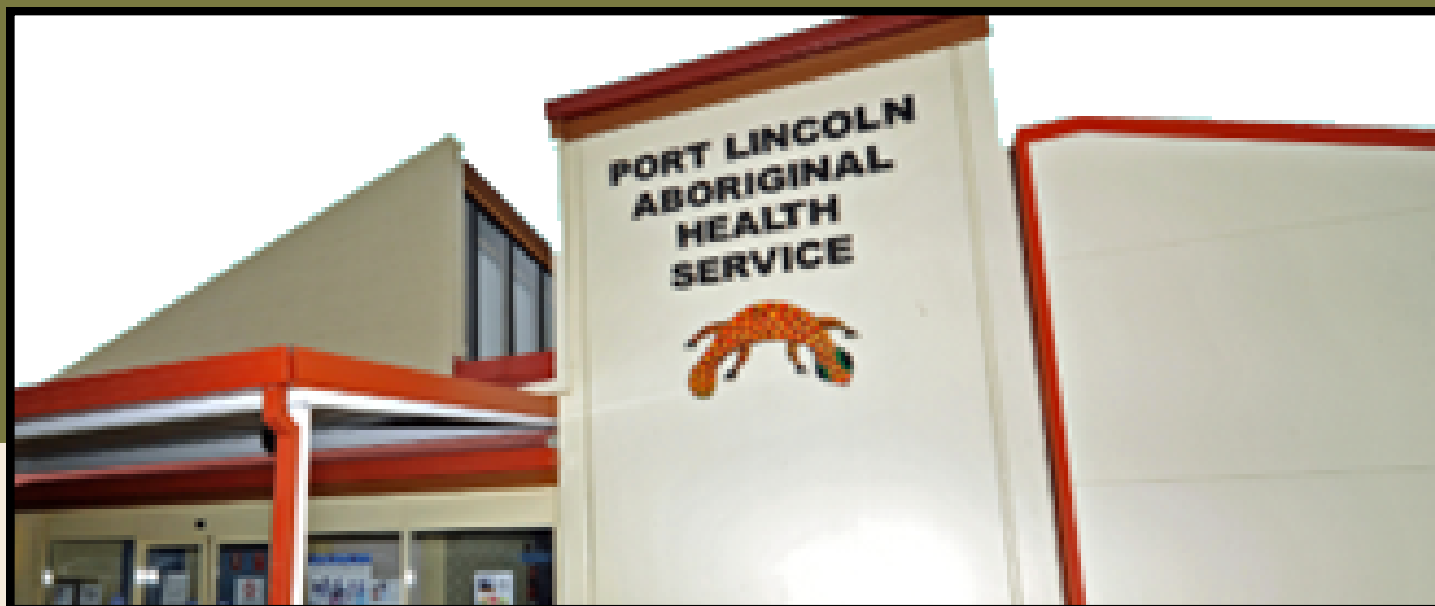


Community News

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



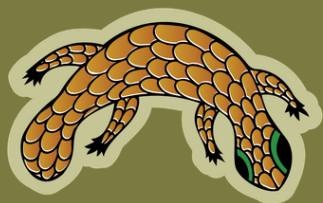
CONTACT US

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

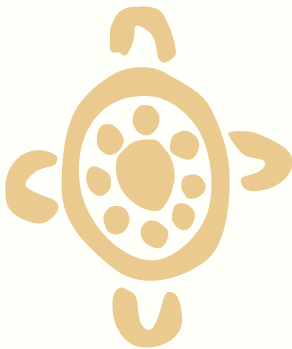
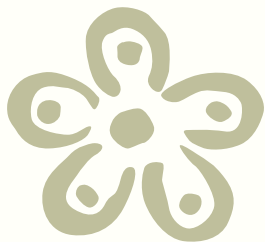
Carolyn Miller, CEO PLAHS Ltd.

It has been a very cold start to winter. I encourage you to come in and have your flu vaccination. This month we have had 3 days of vaccinations at Mallee Park and it has been successful with Community members having the vaccinations required, so if you have missed out these vaccinations are still available to you.

This month is Men’s Health month and activities are being held, so please continue to look on our Facebook page. NAIDOC week for 2026 is coming near which is the first week in July keep your eyes on activities for the week. Of course PLAHS has the cookout on the Wednesday at the Wombat pit, so please come down as there is another opportunity for vaccinations and a good feed.

Please continue to support our service for what ever you require, whether it is a Doctor, Specialist, SEWB, Clinicians, Child and Maternal Health they are all here to help with your health journey.

Thank You



♥ MEN'S HEALTH MONTH ♥

Strong Men, Strong Community

🧠💬 TALK. DON'T HOLD IT IN

- Yarning helps
- Speak to someone
- You're not alone

🚶🥗 MOVE & EAT WELL

- Stay active
- Eat good food
- Sleep well

♥🩺 CHECK YOUR HEALTH

- Blood pressure
- Diabetes
- Cancer screening

🤝♥ CHECK YOUR MATES

- "Are you okay?"
- Listen & support
- Stay connected

🌿👥 WE'RE HERE FOR YOU

- PLAHS SEWB Team
- Support
- Yarning
- Referrals

▼ TAKE ACTION TODAY

- ✓ Book a health check
- ✓ Talk to someone
- ✓ Join a group

📍 CONTACT US

☎ Phone: 08 8683 0162

✉ Email:
reception@plahs.org.au

📍 Location: 19A Oxford
tce, Port Lincoln SA 5606



MEN'S HEALTH MONTH: LOOKING AFTER OUR MOB

June is Men's Health Month, a time to focus on improving the health and wellbeing of men in our community. It's about encouraging men to take care of their physical, mental, and emotional health, and to feel strong not just in body, but in heart and spirit too.

WHY MEN'S HEALTH MATTERS

Many men often put their health last – focusing on work, family, and responsibilities. But looking after yourself is just as important.

Men are less likely to:

Visit the doctor regularly

Talk about mental health

Seek help when something feels wrong

Taking small steps can make a big difference in living a longer, healthier life.

Mental Health & Wellbeing.

It's okay not to be okay.

Stress, anxiety, grief, and life pressures can affect anyone. Talking to someone you trust – whether it's family, friends, or a health worker – can help reduce the burden.

-  Stay connected with your community
-  Join support groups or yarning circles
-  Reach out to SEWB workers for support

Remember: Strong men talk and seek support.



 Physical Health Tips

Looking after your body helps your mind too.

Simple ways to stay healthy:

-  Stay active (walking, sport, outdoor activities)
-  Eat balanced meals
-  Cut down on smoking and alcohol
-  Get enough sleep

Regular health checks are important:

- Blood pressure
- Diabetes screening
- Cancer screening

 Check in With Your Mates:

Sometimes a simple conversation can save a life.

- Ask your mates how they're really going
- Spend time together
- Encourage each other to seek support

A strong community means no one has to go through things alone.

 Support at PLAHS:

Our Social and Emotional Wellbeing (SEWB) Team is here to support men and families.

We offer:

- Confidential support and counselling
- Practical help and referrals
- Men's groups and community programs

 Reach out – we're here to listen and support you.

Taking care of your health is not weakness – it's strength.

This Men's Health Month:

 Take time for yourself

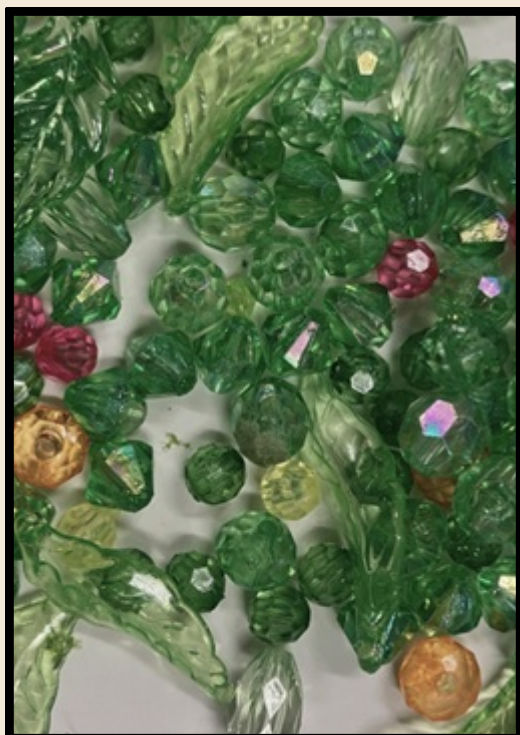
 Check in with your mates

 Don't be afraid to ask for help; call 08 8683 0162 or email: reception@plahs.org.au



OUT & ABOUT**WOMEN'S GROUP HIGHLIGHTS**

Our Women's Group recently came together for a fun and creative Beaded Pots activity, sharing laughter, connection, and creativity. Each participant designed their own unique pot to take home – a beautiful reminder of the day.



OUT & ABOUT

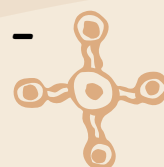


The group also enjoyed time together over a light lunch, building strong connections in a relaxed space. 🍴



✨ Some members also attended Food Safety Training at the RSL, where they learned practical kitchen skills, safe food handling, and even made their own delicious lasagne to take home!

💛 ***A great mix of learning, creativity, and connection – supporting wellbeing every step of the way.***



OUT & ABOUT

Community Expo



OUT & ABOUT

 **Mallee Park Immunisation Clinic a Great Success**

PLAHS recently delivered a highly successful **three-day immunisation clinic at Mallee Park**, bringing vital vaccination services directly to the community in a well-organised and welcoming environment.

Over the course of the clinic, **185 clients were formally recorded as receiving immunisations**, with additional community members—who were not on the clinic's books—also supported on the day. This brings the estimated total number of people immunised to **around 200**, reflecting the strong community turnout and engagement.

A range of important vaccines were administered, including:

- **132 Diphtheria vaccinations**
- **121 Influenza (flu) vaccinations**
- **23 RSV (Respiratory Syncytial Virus) vaccinations**

Many clients took the opportunity to receive more than one vaccine, helping to boost protection against multiple preventable illnesses.



OUT & ABOUT



The clinic ran **smoothly across all three days**, a testament to the planning, teamwork, and dedication of PLAHS staff. From setup to delivery, the event was well coordinated, ensuring a positive experience for everyone who attended.

This outreach initiative played a key role in improving community health and increasing immunisation coverage in Mallee Park. It also demonstrated PLAHS' ongoing commitment to accessible, community-focused healthcare.



👏 ***A big thank you and congratulations to everyone involved in making this clinic such a success!***



EMPLOYEE OF THE MONTH- APRIL**CHANTAL FARR**

Chantal continues to work diligently and excel in her program - offering support and sharing ideas with other PLAHS team members. Chantal is organised and is always thinking about new ways to engage and promote the TIS program in community. Many of her activities are being implemented by SAWCAN and its partners organisations - which also reflects the great work she is doing.

**JENNIFER JOHNCOCK**

Jennifer is an inspiration to the entire PLAHS team. She consistently demonstrates a genuine commitment to our clients, always placing their needs at the centre of everything she does.

Her leadership in implementing the Cancer Care Program, and her ongoing dedication to supporting clients throughout their cancer journey, is truly outstanding and deeply valued by our community.

Jennifer's organisation of the Biggest Morning Tea was exceptional. Every detail was thoughtfully planned, creating a meaningful and highly successful event for partners, stakeholders, and staff.

Jennifer is a natural mentor who leads by example. She actively supports and guides other staff, showing what can be achieved through passion, teamwork, and commitment.



EMPLOYEE OF THE MONTH- APRIL**NEIL DUNNING**

Neil is consistently client-focused in everything he does, showing genuine care and dedication to supporting clients throughout their cancer journey. His contribution to the Cancer Care Support Program is outstanding, ensuring clients feel supported every step of the way. He also demonstrated exceptional organisation through the Biggest Morning Tea, providing strong engagement and connection with partners, stakeholders, and staff. A proud and committed PLAHS team member, he leads by example and makes a meaningful impact every day.

**N'KY CARBINE**

Some nice positive feedback from a Client /Elder who I spoke with recently, the client stated that N'Ky Carbine has been one of the young people dropping off medications to her, the client expressed with great emotions how wonderful N'ky is, he shows her the greatest amount of respect and has impeccable manners - the client stated he is thoughtful and she feels valued and respected by him on his home visits and she looks forward to seeing him.



EMPLOYEE OF THE MONTH- APRIL**SAMANTHA TRESSIDER**

For her support and commitment to our clients and service. Always willing and able to support individuals and families through their medical journey. Often taking on and dealing with clients who are angry or abusive and is able to talk them down and help them through their crisis. Has very good feedback from many of our community members and elders.

**ANNIE BURNS**

Annie demonstrates strong connection and ongoing support to our community and clients. She provides support and shares her knowledge and experience in case management. Annie delivers unrecognised supports to individuals and families in securing housing, including being upgraded to Category One after sitting in the system for years.

The feedback Annie receives from community members and other service providers is excellent. Annie is always available to have a yarn with people and support or listen to them. Annie takes a lot on board and continues to work through this while still offering her support and service to her clients.



STAFF PROFILE

**NEIL DUNNING**

Cancer care coordinator/ RN

Name: Neil

Family: Dunning

Community and Tribe: Celtic Irish
County Meath, Limerick Scottish,
French and English

Position/ Work: Cancer Care
Coordinator/RN

Favourite Food: Leftovers

Favourite Drink: Bundaberg Rum and
Coca-Cola

Favourite Music/ Singer: Country
Music, Keith Urban

AFL/ NRL Club you Support: -
Brisbane Lions/NRL Cronulla Sharks,
Brisbane Broncos, NQ Cowboys

Advise to Young People: There is
always another road to reach your
goal.

Health Issues in Community: Cancer
Preventative and early detection

Three Wishes:

- 1.To watch an Olympics Live
- 2.To be in the Brisbane Olympics
torch relay
- 3.A million-dollar lotto win

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

My mother, big brother and great
grandmother Jemima Jarman





PLAHS



Elder Care
Support
Community-led
Pathways to Care

Elders Bingo & BBQ

Join PLAHS M.A.C. team for a fun and supportive community day!

WHEN?

10AM to 4PM
on Thursday
25th June 2026

WHERE?

Mallee Park Football Club

What to expect:



Bingo games



Great prizes to be won



BBQ Lunch



Social connection and support

If you need transport, please call 08 8683 0162 and ask for
Maryanne, Zaneeta or Jhy (M.A.C. team)





2026 PORT LINCOLN EVENTS CALENDAR



NAIDOC WEEK
50 YEARS DEADLY
5-12 JULY 2026

THU 2 July

10:30am
**Art Exhibition
Opening**
Nautilus Arts Centre

FRI 3 July

10:00am
NAIDOC March
All ages welcome
Starting at Port
Lincoln Foreshore
near Yacht Club

6pm
**NAIDOC
Supports &
Awards Dinner**
Port Lincoln Yacht
Club

MON 6 July

11:30am-2:30pm
Elders Luncheon
Grand Tasman Hotel

TUE 7 July

5:30pm
Quiz Night
All ages welcome
Mallee Park Football
Club

WED 8 July

10:30am-3:30pm
**NAIDOC Cookout
& Family Fun Day**
All ages welcome
Mallee Park Football
Club

FRI 10 July

6pm-10pm
Youth Ball
12-17 years old
Mallee Park Football
Club

THU 9 July

4pm-6pm
Mini Ball
5-11 years old
Mallee Park Football
Club

SAT 11 July

6pm-late
Adult Ball
18+ years
Mallee Park Football
Club

