Community News



About Us

Vision:
The Galinyala 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 GAHS guide our attitiudes and behaviours. They influence botht he 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 GAHS Ltd.

As we come towards the end of another year, it is a good time to reflect on the year that has been, celebrate what we have achieved together, and think about what we can continue to do better.

Our GAHS Annual General Meeting (AGM) will be held on Tuesday, 10 November at 10.00 am at the MPFC. I hope to see as many of our members there as possible.
With the warmer weather also upon us, please make sure you and your family have a bushfire plan in place. If you need some help getting prepared, please reach out and ask for support.

For those travelling over the coming months, please take care on the roads. Allow plenty of time for your journey, take regular breaks and, most importantly, arrive safely.

We are also continuing our transition from PLAHS to Galinyala Aboriginal Health Service Ltd. You will start to notice our new name and branding appearing on signage and other materials. This transition will take some time, and we expect it may be another six months before everything has been updated.

Thank you to our members, community, staff and supporters for your continued support throughout the year. Please stay safe, look after one another and enjoy the warmer months ahead.

Thank You

MENTAL HEALTH AWARENESS MONTH: TAKING CARE OF OURSELVES AND EACH OTHER

September is Mental Health Awareness Month, a time to shine a light on the importance of mental wellbeing and remind ourselves that looking after our mental health is just as important as caring for our physical health.

At GAHS, our mission is built on supporting the health and wellbeing of our communities. This commitment extends to our staff, clients, families, and community members. Mental health affects how we think, feel, connect with others, and cope with everyday challenges. It is an essential part of overall health and wellbeing.

Why Mental Health Matters

Everyone experiences ups and downs throughout life. Work pressures, family responsibilities, financial concerns, health issues, and personal challenges can all impact our mental wellbeing. While it is normal to feel stressed or overwhelmed at times, persistent feelings of anxiety, sadness, exhaustion, or isolation can affect our quality of life and should not be ignored.

The good news is that small actions can make a big difference. Prioritising self-care, maintaining healthy relationships, staying physically active, getting enough rest, and seeking support when needed can all contribute to better mental health.

Looking After Your Wellbeing

This Mental Health Awareness Month, we encourage everyone to take a moment to check in with themselves and consider how they are feeling. Some simple ways to support your mental wellbeing include:

Take regular breaks throughout the day.

Spend time outdoors and connect with nature.
Stay active through walking, stretching, or exercise.
Maintain healthy routines, including sleep and nutrition.
Connect with family, friends, colleagues, and community.
Practice mindfulness, relaxation, or deep breathing exercises.
Seek professional support when challenges become difficult to manage alone.

The Power of Connection

One of the strongest protective factors for mental health is connection. A simple conversation, a kind word, or checking in on someone can make a meaningful difference. Creating a culture where people feel safe, respected, and supported helps strengthen individual and community wellbeing.



Tackling Indigenous Smoking (TIS) Education Session at Port Lincoln Primary School

On 16 September 2026, the Tackling Indigenous Smoking (TIS) Team from PLAHS visited Port Lincoln Primary School to deliver an engaging and interactive health education session for 11 Aboriginal students. Facilitated by Chantal and Zena, the session aimed to increase students' understanding of the health and financial impacts of smoking and vaping while empowering them to make healthy lifestyle choices.

Using a mix of discussion, practical activities, and hands-on learning, students explored the harmful effects that smoking and vaping can have on the body, particularly on lung health and overall wellbeing. The facilitators encouraged questions and group participation throughout the session, creating a supportive environment where students felt comfortable sharing their thoughts and experiences.

One of the key activities focused on the financial cost of smoking. Students took part in an interactive budgeting exercise where they allocated money towards essential living expenses, including food, housing, utilities, and other household needs. The activity highlighted how spending money on tobacco products can place significant financial pressure on individuals and families, often reducing the funds available for necessities and other important priorities.



OUT & ABOUT

Students also enjoyed a hands-on lung health demonstration using two balloons. One balloon represented a healthy lung and inflated easily, while the second balloon, modified to represent a lung damaged by smoking, was much more difficult to inflate. This visual activity helped students clearly understand how smoking and vaping can affect lung function and make breathing more difficult.
The students were enthusiastic and actively engaged throughout the session, participating in discussions, answering questions, and contributing valuable insights. To encourage participation and reinforce learning, students who answered questions correctly were entered into a draw to win a Kmart gift card.

At the conclusion of the session, all participants received a PUYU WAIYA bag containing a range of useful items, including a health information pack, lunch box, pencil case, sunglasses, sports towel, and a pair of socks. These resources were provided to support ongoing health education and encourage positive lifestyle choices.

The session was well received and demonstrated the value of interactive, culturally appropriate education in promoting healthy behaviours among young people. Through practical activities, meaningful discussion, and positive engagement, students gained a greater understanding of the risks associated with smoking and vaping and the benefits of making healthy choices for themselves and their communities.

PLAHS thanks Port Lincoln Primary School, the participating students, and the Tackling Indigenous Smoking Team for their involvement in this successful education session.

Together, we continue to support stronger, healthier futures for Aboriginal children, families, and communities. 💛🖤❤️



OUT & ABOUT

ANTENATAL CLASS & PAMPERING DAY

On Thursday, 3 September 2026, PLAHS proudly hosted a special Antenatal Class and Pampering Day in partnership with the CPH Team, bringing together expectant mothers for a day of learning, connection and self-care.

The event provided valuable antenatal education, helping participants gain knowledge and confidence as they prepare for the arrival of their babies. Alongside the educational sessions, mums-to-be enjoyed a range of relaxing and enjoyable activities designed to support their wellbeing during pregnancy.

A highlight of the day was the beautiful belly painting, celebrating each pregnancy in a creative and meaningful way. Participants were also treated to soothing massage sessions by Ngahuia, offering a chance to relax and unwind.

Guests enjoyed a delicious lunch while exploring the TIS displays, which provided information and resources to support healthy pregnancies and families. Throughout the day, attendees also had the opportunity to win exciting raffle prizes and received Baby Bounty Bags filled with useful items for both mum and baby.

The day was filled with laughter, learning and connection, creating a welcoming space for families to come together and support one another on their parenting journey.
PLAHS would like to thank everyone who attended and contributed to making the event such a success. We look forward to continuing to support our mums, bubs and families through future community programs and events.

"Strong families start with strong support, education and connection." 💛🖤❤️





OUT & ABOUT

ANTENATAL CLASS & PAMPERING DAY





EMPLOYEE OF THE MONTH SEPTEMBER



CHARMAINE MORTON

For support and commitment to our clients and service. Always willing and able to support individuals and families through their family crisis and personal journey. Sometimes taking on and dealing with clients who are frustrated and lost. Charmaine has been able to provide a safe space for clients to talk with her and listen to some of the issues and offer possible solutions through referrals and advocacy to other relevant service providers. Charmaine has received very good feedback from many of our women's group attendees, community members and elders. Charmaine and Latoya work well together as a team and have supported a number of people with Wyatt Trust goods that has improved their wellbeing.

We Listened to Your Feedback

At PLAHS, we are committed to providing high-quality, culturally safe and client-centred services for our community. We would like to sincerely thank everyone who took the time to participate in our 2026 Client Experience Survey. Your feedback provides valuable insight into the experiences of our clients and helps guide improvements across our services.

We are pleased to share that the overall survey results were overwhelmingly positive. Many clients spoke highly of the care, support and professionalism demonstrated by PLAHS staff, as well as the welcoming environment provided across our services. It is encouraging to know that so many members of our community feel supported when accessing care through PLAHS.

Following a detailed review of the survey results by our Senior Management Team, Board of Management and staff, several key themes were identified. While the feedback reflected many strengths, it also highlighted areas where we can continue to enhance the client experience.

What You Told Us

Through the survey, clients asked us to focus on several important areas:
Improving privacy and confidentiality, particularly for those accessing sensitive services.
Providing better communication when appointments are running behind schedule.
Continuing to strengthen customer service and ensure a consistent experience across all programs and services.

Enhancing waiting and reception areas to improve client comfort and overall experience.
We appreciate this honest feedback and have already begun considering ways to address these priorities.

What We Are Doing

Improving Privacy and Confidentiality
We understand that privacy is essential, particularly for clients accessing personal or sensitive health services.
To support this, PLAHS is continuing to explore opportunities to improve privacy within our facilities. As part of this commitment, we have submitted a funding application for the development of a dedicated Child and Maternal Health facility. If successful, this project would create more appropriate client spaces and improve privacy for several services currently delivered within existing facilities.

We are currently awaiting the outcome of the application and remain hopeful for a positive result. We look forward to keeping our community informed as updates become available.

Strengthening Communication About Delays

We recognise that waiting for appointments can sometimes be frustrating, particularly when delays occur unexpectedly.
To address this, PLAHS will continue working with staff to improve communication with clients when appointments are running behind schedule. Our goal is to ensure clients are kept informed and updated wherever possible so that they can better plan their time and feel supported throughout their visit.

COMMUNITY BILLBOARD

Continuing to Enhance Customer Service
Survey responses highlighted the importance of providing a consistent, welcoming and respectful experience for every client.

PLAHS remains committed to ongoing improvement in this area. We will continue to review client feedback and identify opportunities to strengthen staff development, communication and service delivery practices. By doing so, we aim to ensure all clients receive a high standard of care and service, regardless of which PLAHS program they access.

Improving the Client Environment

Clients also shared suggestions regarding waiting areas and the overall physical environment within our facilities.
PLAHS will continue to explore practical improvements to client spaces that enhance comfort, accessibility and safety. Creating welcoming environments remains an important part of delivering positive healthcare experiences for our community.

Your feedback is invaluable and plays a vital role in shaping the future of PLAHS services. By sharing your experiences, you help us understand what is working well and where improvements can be made.

Actions arising from the survey will continue to be monitored through our Quality Improvement Program, ensuring that feedback leads to meaningful and measurable improvements.

Thank you for helping us build stronger services for our community. We look forward to keeping you updated on our progress and continuing to work together to deliver the best possible care for the people of Port Lincoln and surrounding communities.

COMMUNITY BILLBOARD



BECOME A MEMBER OF GAHS

YOUR VOICE. YOUR HEALTH SERVICE. YOUR COMMUNITY.

Galinyala Aboriginal Health Service (GAHS) is committed to providing culturally safe and responsive healthcare for our community. By becoming a GAHS 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 GAHS in delivering quality health and wellbeing services to Aboriginal and Torres Strait Islander people and their families.

Why Become a member?

As a GAHS member, you can:
✅ Have a say in the future direction of GAHS
✅ 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 GAHS Reception to collect and submit a physical membership form.

Join Today

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

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

Galinyala Aboriginal Health Service Ltd (GAHS)
Working together for healthier families and stronger communities.