



**PORT LINCOLN  
ABORIGINAL  
HEALTH  
SERVICE**



## CONTACT US:

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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](mailto: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

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**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.

## HEALTH SERVICE INFORMATION

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# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service  
Inc

## CEO MESSAGE

**I would like to welcome you to our June/July newsletter**

I wish to start by saying that I have had an extension on my contract until 2027. There are a few projects that I have not been able to complete due to covid. There will be renovations happening in the building with the lifting of the roof to allow for additional office space which is long overdue. This will be taking place in Sept 2023. Haigh Street block has been approved for staff housing and this project will be commencing early in January 2024. So exciting projects for Port Lincoln are finally happening.

There are concerns around the covid and flu vaccinations. A Community drive will be done to try and improve vaccinations. I encourage each and every one of you that if you have any concerns or issues to raise this with the Doctor, Nurse or AHP/AHW to provide you with up to date information to assist in your decision. Even though Covid is not a high priority in the news, covid is still present and spreading in our Communities.

At this time, PLAHS have Dr Alex working on his own at PLAHS as a GP. There is GP shortage in Port Lincoln. PLAHS are trying to work through waiting times, GP availability. So please be patient as we continue to recruit a GP to our Service. PLAHS is a place where staff, GP's and Specialists deserve to be treated respectfully and please be mindful that PLAHS is a busy service and staff are more than happy to help you if you treat them properly.

**Carolyn Miller**  
**CEO**  
**Port Lincoln Aboriginal Health Service**



# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

**PREVENTION OF CORONA VIRUS**

**MANDATORY MASKS**

**DUE TO A SPIKE IN COVID-19 CASES IN PORT LINCOLN MASKS ARE NOW COMPULSORY AT THE PLAHS CLINIC UNTIL FURTHER NOTICE**

**HELP US TO HELP YOU STAY SAFE**

Protect yourself and others from covid-19

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# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

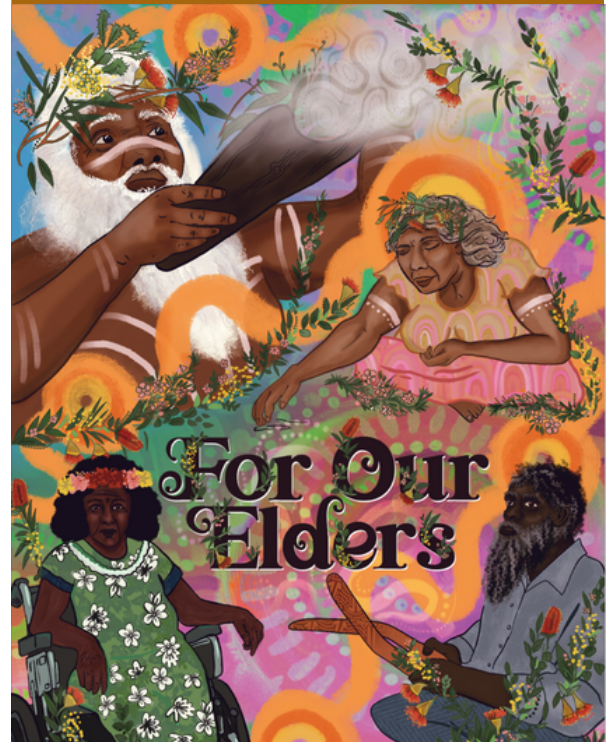
## NAIDOC Week , 2 - 9 July 2023

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.

### Port Lincoln NAIDOC Week Awards Ceremony

The Port Lincoln NAIDOC Week Committee has this year organised the NAIDOC Ball to be held at the Ravendale Community Sports Centre on Saturday 8 July. An Awards Ceremony will take place this year to highlight Aboriginal and Torres Strait Islander excellence in Port Lincoln. Every Previous National NAIDOC Week Award Winners come from many different communities within Australia and have different backgrounds, however they are all part of NAIDOC history and share remarkable achievements. We encourage you to read more about previous NAIDOC Week Award Winners and learn more about their excellence.

Each year you can get involved in the National NAIDOC Week Awards by nominating someone you know who has excelled in one or more of the Award categories. F





# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

NAIDOC Week , 2 - 9 July 2023

**NAIDOC WEEK 2023**

Well First YOUTH AND COMMUNITY Support

Monday 3 July

**NAIDOC WEEK EVENT KIDS DISCO**

Tuesday 4 July

**NUNGA SCREEN 2023**

Wednesday 5 July

**PLAHS NAIDOC week COOKOUT**

Thursday 6 July

**For Our Elders NAIDOC WEEK 2023**

Friday 7 July

**NAIDOC YOUTH BALL**

Saturday 8 July

**NAIDOC BALL**

10am March from the Port Lincoln Yacht Club to the playground on the Esplanade. (PLACC, DCP & PLCC)

11am Official Opening of NAIDOC Week at the Port Lincoln Foreshore

12pm Nautilus Theatre NAIDOC Exhibition Opening. (PLCC)

4:30pm - 6:30pm Kids Disco MPFC Age: 5-12 Years. (AFSS)

10am Port Lincoln Aboriginal Community Council (PLACC) Open Day

11am Open Arts - Mural, arts activities & Community Canvas. (PLACC & PLCC)

7pm Nunga Screen @ Nautilus Theatre: Series of Short Films by SA First Nations Artists. Port Lincoln City Council. (PLCC)

10am Port Lincoln Aboriginal Health Service (PLAHS) Cook Out

10am Community Information Day & Expo @ Mallee Park Football Club

10am Open Arts School Groups Project (PLACC)

10am Port Lincoln Aboriginal Community Council (PLACC) Open Day

12pm Elders Luncheon Port Lincoln Hotel. (EFLNH)

6pm Bingo and Dinner @ Mallee Park Football Club

1pm NAIDOC Preparation @ PLACC for the Youth Ball

6pm Youth NAIDOC Ball @ Ravendale Sports Centre. Tickets available at Sticky Tickets or via the QR Code Below (WCYCS)

6pm Senior NAIDOC Ball, Ravendale Community Sports Centre, Port Lincoln. (PLACC)

Get your tickets at Sticky Tickets or via the QR Code below

Logos: National Indigenous Australians Agency, Port Lincoln Aboriginal Health Service Inc, Government of South Australia, Health Eyre and Far North Local Health Network, City of Port Lincoln, Well First Youth and Community Support, Kmart, Government of South Australia, SA Housing Authority, Department for Child Protection, Family Violence Legal Service Aboriginal Corporation (SA), headspace Port Lincoln, PECKERS, Country & Outback Health, Centacare, Rotary, COMPLETE personnel group.

**Port Lincoln NAIDOC AWARDS 2023 Nominations NOW OPEN**

**For Our Elders**

CELEBRATING NAIDOC WEEK

The NAIDOC Week Awards is a celebration of Aboriginal and Torres Strait Islander Peoples outstanding achievements and excellence. The Awards will be presented at the NAIDOC Ball on the 8th of July 2023 and allows us to pay tribute to our Peoples achievements whilst also acknowledging that their work enriches our community. If you know an Aboriginal or Torres Strait Islander person who deserves to be recognised for their contribution, whether it be; leadership, promoting culture or community work, please complete the nominations for the Port Lincoln NAIDOC Awards. Nominations close 26th June 2023



Nominate by the QR Code

# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## Childrens Appointments & Vehicle Procedures:

### Children in PLAHS Vehicles

- All children travelling in PLAHS vehicles must be appropriately restrained according to the legal requirements for child restraints in motor vehicles.
- The Driver is responsible for ensuring children travelling in the vehicle are in approved restraints and will incur the fines and demerit points if non-compliant.
- Infants up to six months old to be restrained in an approved rearward facing infant restraint (Dedicated infant restraint or rearward facing seat).
- Children aged between six months and four years old to be seated in either an approved rearward or forward facing child safety seat (with inbuilt harness)
- Children from the age of four to seven years old to be seated in an approved forward facing child restraint safety seat (with inbuilt harness) or an approved booster seat (restrained by a correctly adjusted seatbelt or child safety harness).
- Children 7 years and over will be required to be restrained in an approved child restraint (child safety seat or booster seat depending on their size) or a properly adjusted seatbelt.
- Children under the age of four to be seated in the rear of the vehicle in an appropriate restraint (where the vehicle has two or more rows of seats).
- Children from the age of four to seven years, to be permitted in the front of the vehicle, in appropriate restraint, if all rear seats are already occupied by children up to the same age (where the vehicle has two or more rows of seats).

(SA's Child restraint laws accessed [www.sa.gov.au](http://www.sa.gov.au) 14/9/2012)

All children travelling in any PLAHS vehicles must be accompanied at all times by a parent/guardian up until the age of 16 years old.

### Our Client Services Policy on Children at PLAHS

#### 7.3.8 Children as clients

- PLAHS meets the requirements for 'Child safe Environment Compliance Statement' and is registered with Families SA (See PLAHS Child Safe Environment Procedure).
- Children 16 years and over can consent to their own medical treatment as validly as if an adult. PLAHS Drivers can transport children 16 years and over to medical appointments.
- From 14 years, a young person can manage their own My Health Record and their parent/s or guardian/s, will automatically be removed from being able to access their child's record.
- Children under the age of 16 years can consent to medical procedures as 'mature minors' without parental consent if the medical practitioner is of the opinion that the patient is "capable of understanding the nature, consequences and risks of the treatment" and the treatment is in the "best interests of the health and wellbeing of the child". This opinion is "corroborated in writing by at least one other medical practitioner who has personally examined the child before treatment was commenced".
- Consent to medical treatment of a patient under 16 years of age may be provided by either the client, parent or legal guardian or court.
- Emergency treatment of 'mature minors' does not require consent if it is impractical.



# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## SOCIAL & EMOTIONAL WELLBEING PROGRAMS (SEWB):

### Men's Shed:

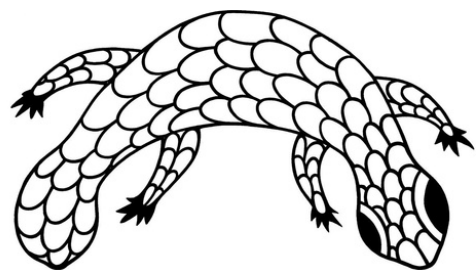
The men's group has got a strong connection going with some really good workshops being delivered by Jeremy Coaby and Neil. Dunning The workshop on Healthy Hearts was really good and got the local men talking and asking questions about looking after their health and what the signs were for heart problems. Neil was able to provide some good feedback and encouraged our men to ask questions of the AHWP and Doctors at their next consult or health check.

The men also had a workshop with the RSL and were invited to a morning tea at the RSL to discuss putting up a statue or plaque recognising all the Aboriginal soldiers who fought for our country and never returned. Some of the history our Aboriginal soldiers and family fought overseas but were not allowed back into Australia because they were not classed as Australian citizens.

Remembering the referendum for equal rights and recognition but did not happen until 1967.

It was especially good to see Gill Green at the RSL and he explained how his grandfather fought for Australia and was not allowed back into the country.

We encourage our people to visit the RSL and you will see how many of our family from the West Coast and South Australia went to War and are now being given the respect and recognition they deserve.



# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## SOCIAL & EMOTIONAL WELLBEING PROGRAM (SEWB):

### Men's Shed Benefit's

#### Men's Shed

- ˆ Facility at rear MPFC (Community owned)
- ˆ Learn new skills.
- ˆ Improve health and well-being.
- ˆ Social interaction/talking with other men.
- ˆ Provides a safe place for men.
- ˆ Access to health information and resources
- ˆ Engage in meaningful activities.

#### Gym Program

- ˆ Three monthly memberships
- ˆ Everyday access (Includes pool, spa and sauna)
- ˆ Initial consult includes.
  - Body measurements
  - Program design to suit
  - Program reviewed/updated at six weeks/two month's

#### Gym health benefits

- ˆ Controls weight
- ˆ Combats health condition and diseases.
- ˆ Improves mood.
- ˆ Boosts energy.
- ˆ Promotes better sleep.
- ˆ Fun and social

#### Life skills exercise will teach you.

- ˆ Patience
- ˆ Emotional regulation
- ˆ Social connection
- ˆ Resilience
- ˆ Habit forming (and breaking)



#### Cooking Sessions.

- ˆ MPFC/Well-Being Centre
- ˆ Monthly sessions
- ˆ Preparing/cooking/eating/clean up.
- ˆ Dietitian/nutrition education/cost savings
- ˆ Social interaction/talking with other men.

#### Bowling Activity.

- ˆ Kirton Point Bowling Club
- ˆ Fortnightly - Wed (10.00am to 1.00pm)
- ˆ BBQ provided.
- ˆ Education sessions (Guest speaker)
- ˆ End of year Prizes
- ˆ Social interaction/talking with other men.



# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## SOCIAL & EMOTIONAL WELLBEING PROGRAM:

### Water Aerobics Program

The Women's Water Aerobics program has been a great success with 14 participant over the past couple of months. The ladies who attended the program benefited greatly and enjoyed their time in the pool. Professional instructors and professional facilities also contributed to benefitting the fitness and fun had by all. Although the program is finished for now keep a eye out on PLAHS social media for it to return and get in early to sign up and join. A big thank you to Port Lincoln Aquatic Centre and staff for their accommodating the participants and contributing to the program to make it a great success. See you all back in the pool soon.



### Women's Group

The PLAHS Women's Group is still meeting every Tuesday and Wednesday at the Wellness/Healing Centre at PLACC from 11am to 2pm. Arts and crafts are done each week many great things to create and delicious food to cook and eat. The Women's Group is free to join and is a good way to keep yourself occupied if your at home alone or a stay at home Mum who may like a few hours break to sit with other women and discuss and share stories or just a cup of tea. Social interaction is a good way relax and take a moment to reflect. Call PLAHS reception for more information.



# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## SOCIAL & EMOTIONAL WELLBEING PROGRAM:

The Young Men's Group is still meeting every Thursday from 11am and have been Boxing at the Williams Boxing Gym behind the Lincoln South Football Club. Scott Williams has been putting the Young Men through their paces and teaching techniques and training around discipline and control. The Young Men's Group will be doing other activities in the future so if you are interested in participating in the program at some stage please contact PLAHS reception to speak to someone about being involved.





# Upcoming Events

**PLAHS Community**

***Check Out List of Events for  
June - August 2023***

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**July**

***Dry July***

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**July**

**2-9**

***NAIDOC WEEK***

***"For Our Elders"***

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**August**

**4**

***National Aboriginal &  
Torres Strait Islander  
Children's Day***

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**August**

**9**

***International Day of the  
World's Indigenous  
People***

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**September**

**1**

***Indigenous Literacy Day***

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**2023  
Date  
TBC**

***The Voice to Parliament  
REFERENDUM***

For detailed information: Email Dennis: [dennis.stokes@plahs.org.au](mailto:dennis.stokes@plahs.org.au)

[www.plahs.org.au](http://www.plahs.org.au)

# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## Port Lincoln Aboriginal Health Service "Out & About":





# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## "National Closing the Gap Day" March 16, 2023

PLAHS organised this year's "Closing the Gap Day" at Mallee Park Football Club which attracted many First Nations service providers in the region including AFSS and Eyre & Far North Local Health Network. The organisations provided many goodies and lunch and was a good day had by all. In Australia, Aboriginal infants die more often than non-Indigenous infants, Aboriginal people's life expectancy is shorter, with more than double the rate of illness. For example, Australia has failed to eliminate preventable blindness and rheumatic heart disease, shameful outcomes for one of the wealthiest countries in the world. In 2007 the Council of Australian Governments (COAG) set measurable targets to track and assess developments in the health and wellbeing of Aboriginal and Torres Strait Islanders. These targets included achieving Aboriginal and Torres Strait Islander health equality within a generation and halving the mortality rate gap for children under five years old within a decade.



# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## PLAHS: STAFF PROFILES



**Name:** Clifford Warrior  
**Position:** Senior Aboriginal Community Case Worker for Youth  
**Nickname:** Cliffy  
**Favourite Food?** Meat and bread  
**Favourite sport and team?** Basketball as a Coach, GWS in the AFL  
**Pets?** Nil  
**Favourite holiday spot/camping spot?** Anywhere near the beach.  
**Favourite pastime/hobby?** Drawing  
**Country/People/Where you from?** Kokatha  
**What do you like about working at PLAHS?** Having resources to help young men make positive changes in their lives.



**Name:** Kylie  
**Position:** Pharmacist  
**Nickname:** ( I don't have one – no one would dare 😊)  
**Favourite Food?** Tiramisu  
**Favourite sport and team?** Adelaide United Soccer  
**Pets?** 2 dogs ( plus 3 horses, 2 turtles , a pile of freshwater fish ( indoor and outdoor) , some yabbies in the pond, currently a rescue Magpie who will be released when well ) Oh and 2 Budgies  
**If YES what breed and name?** Whippets – Pixie and Zhukov , the rest are too many to mention.  
**Favourite holiday spot/camping spot?** London – best holiday . Favourite camping spot Frenchmans beach  
**Favourite pastime/hobby?** Watching a good game of soccer , gardening , reading and doing cross stitch  
**Country/People/Where you from?** Lived in Port Lincoln most of my life , family from Darke Peak and from Coorabie  
**What do you like about working at PLAHS?** Working with a great bunch of people and getting to know and help people from our local community.





# PLAHS MONTHLY UPDATE

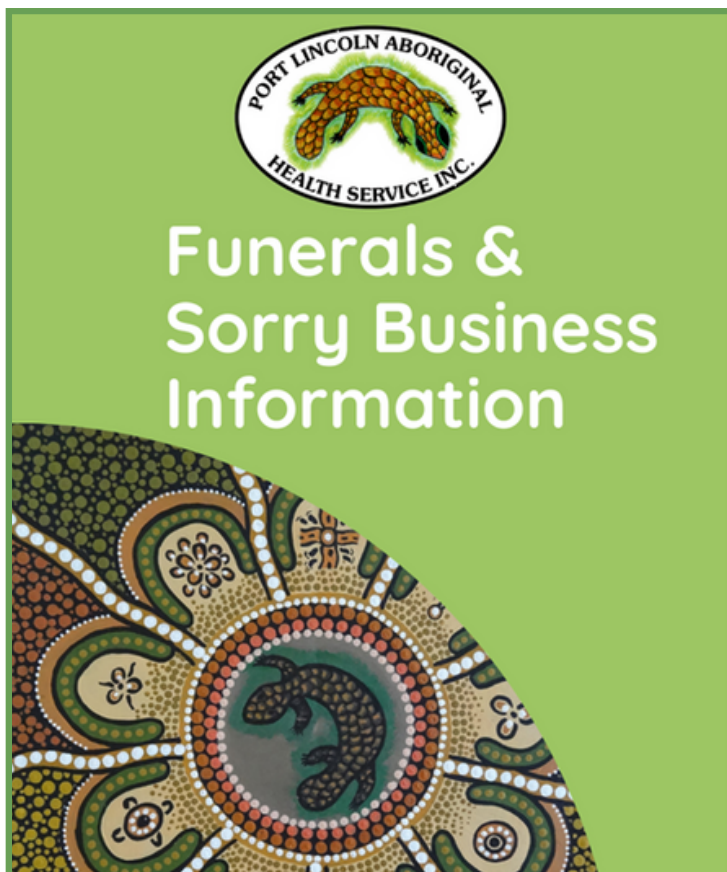
A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## Grief & Loss Support at PLAHS

Port Lincoln Aboriginal Health Service offers the following services during your time of grief and loss after a loved one has passed away.

Port Lincoln Aboriginal Health supports:

- Purchase, supply and deliver, tea, coffee, sugar and milk only to the family
- Grief and Loss Counselling.
- Presentation Power Point, is now available via Unity Hill Church at a cost of \$100.00. They require photos 3 days before funeral and music on USB.
- Photo copying of Obituaries (maximum 200. Front and Back page in colour and other pages in black and white).
- All Obituaries to be provided to PLAHS 3 days prior to service.
- Up to use of 2 PLAHS vehicles depending on PLAHS service requirements on the day (PLAHS Driver provided) is available for family members.
- A copy of the PLAHS community "Funerals & Sorry Business Information" will be available on the PLAHS website soon or can be collected from the clinic. This contains services by PLAHS and other organisations, funeral operators in Port Lincoln.



# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## National Association of Aboriginal & Torres Strait Islander Health Workers & Practitioners Professional Development Forum

PLAHS staff members from across the organisation attended the National Association of Aboriginal & Torres Strait Islander Health Workers & Practitioners (NAATSIHWP) Professional Development Forum on the 22 March, 2023 held at the Port Lincoln Yacht Club to get an update from NAATSIHWP with current projects of NAATSIHWP to keep Health Workers up to date with how they are progressing nationally in supporting and promoting the health workforce. Other sessions included a Scope of Practice where NAATSIHWP ran a small conversational workshop that helped staff work out the best way to use this valuable resource in their workplace for their benefit and PLAHS as a whole. They also looked at the Members Portal to see how to use this tool so they can keep track of their personal training and look up the many resources available to them. A major part of the forum was the Cultural Considerations conversation around cultural safety and how it effect's everyone in the workplace. NAATSIHWP then talked talk about how to identify unsafe workplaces and what workers can do about it. Self Care Promotion was also on the agenda where it was identified that many people who work in health are amazing at looking after everyone else but not so good at taking care of their own well-being. Important discussions were had around self-care and how to incorporate that into their busy lives. PLAHS Staff took away a lot of valuable information to help in the day to day jobs and to also take care of themselves.





# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## Port Lincoln Crime Prevention Forum, May 2, 2023

The Port Lincoln Crime Prevention Forum, organised by Mayor Diana Mislov and the City of Port Lincoln Council, SAPOL and West Coast Youth & Community Support was held on Tuesday 2 May, 2023 at the Nautilus Theatre. It was an opportunity for the community to come together and discuss concerns they have and voice opinions on what they see as a way to move forward and tackle crime in the region. The Council, SAPOL and community services providers discussed resources they have on hand, identified gaps and ways to be better equipped to support dis-engaged youth and focus on crime prevention. PLAHS Staff and the CEO attended along with many First Nations organisations and individuals. Robust discussions were had during the session and was great to see Indigenous community members and organisations voice their opinions and concerns and offer up solutions to the current problem through Indigenous eyes and experiences.



**PORT LINCOLN  
ABORIGINAL HEALTH SERVICE**

19A Oxford Terrace (Entrance by Cranston St) PH: 08 8613 0162

# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## AMBULANCE COVER FEES: WHAT ARE THEY?

Have you considered paying Ambulance Cover?

As many people would know a trip to the hospital can be very expensive. These bills can cost up to \$1400 per trip but will cost \$183 cheaper with a health care card.

These are the fees from 1 August 2022 to 31 July 2023. You choose the type of Ambulance Cover you want.

Standard:

- One Person \$92.00
- Family \$183.00
- One Pensioner \$55.50
- Family Pensioner \$110.00

Standard Plus:

- One Person \$108.70
- Family \$216.25
- One Pensioner \$72.70
- Family Pensioner \$143.25

A copy of the SA Ambulance Cover "Easy Read" document can be found on their website

<https://saambulance.sa.gov.au/membership/ambulance-cover/>

YOU PAY A ONE OFF FEE EVERY YEAR



**SA  
Ambulance  
Service**





# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## EMPLOYMENT OPPORTUNITY: Building Industry

Employment with Arbon Building full-time ongoing, including working on the Port Lincoln Aboriginal Health Service renovations.

Basic Requirements :

- White card
- Driver's licence
- Proof of Vaccination
- Interest in the construction industry
- To be able to work well in a team environment.
- Motivated to learn new skills.

Interested candidates please send your CV and short cover letter directly to Anne-Marie Hammond (CEG).

Anne-Marie Hammond - [anne-marie.hammond@ceg.net.au](mailto:anne-marie.hammond@ceg.net.au) or phone Anne-Marie directly on 0417 829 972



# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## EMPLOYMENT OPPORTUNITY:



### PORT LINCOLN ABORIGINAL HEALTH SERVICE (PLAHS)

**PLAHS, an Aboriginal Community Controlled Health Service, has two important Aged Care positions available for suitable applicants. Both positions are fulltime and fixed-term to 30/06/2025.**

#### **Position 1 - Aged Care Support Coordinator**

**PLAHS Employees Enterprise Agreement 2022 - Administration Officer Grade 7**

Position requirements include but are not limited to:

- Sound understanding of My Aged Care and operational guidelines.
- Excellent communication and interpersonal skills, with the ability to build trust with community.
  - Experience in a health or care sector role working with older Aboriginal and Torres Strait Islander people.
  - Demonstrated understanding of the principles of person-centered care and trauma-informed practice
  - Good record management, IT, data collection and reporting capabilities.
- Ability to lead a multi-disciplinary team.
- Initiative to problem-solve across multiple sectors to enable effective and efficient service delivery.
- Experience and knowledge of community connections and networks across aged care providers, disability, mainstream supports and the community sector.
- A current full, unrestricted driver's licence, a current satisfactory Working with Children Check (WWCC), an Aged Care related DCSI Criminal History Check, and/or a National Police Certificate
- Applicants must provide proof of Covid-19 and current influenza vaccines or be willing to have these prior to commencement.





# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## EMPLOYMENT OPPORTUNITY:

### Position 2 - Aged Care Connector



**PLAHS Employees Enterprise Agreement 2022 – Administration Officer Grade 5**  
Position requirements include but are not limited to:

- Strong relationships with the local Aboriginal and Torres Strait Islander Community
- Experience working with older people and willingness to learn about the aged-care landscape.
- Good communication and interpersonal skills, with the ability to build trusting relationships in community.
- Able to work unsupervised and also as part of a team.
- Demonstrated understanding of the principles of person-centered care and trauma-informed practice.
- Understanding of the internal Aboriginal Community Controlled Health Services available to clients.
- A current full, unrestricted driver's licence, a current satisfactory Working with Children Check (WWCC), an Aged Care related DCSI Criminal History Check, and/or a National Police Certificate
- Applicants must provide proof of Covid-19 and current influenza vaccines or be willing to have these prior to commencement.

**The Job and Person Specifications (including selection criteria) are available from the PLAHS website ([www.plahs.org.au](http://www.plahs.org.au)), Facebook Page and Reception - phone 08 86830162 or [Reception@plahs.org.au](mailto:Reception@plahs.org.au)**

**Enquiries to: Warren Clements, Manager, Social & Emotional Wellbeing, phone 08 86830162 or email [Warren.Clements@plahs.org.au](mailto:Warren.Clements@plahs.org.au).**

**Written applications MUST address all selection criteria in the Person Specification and include a covering letter and a current resume with names and contact details of three (3) work-related referees.**

**Applications in an envelope marked “Position Application” can be forwarded to: The CEO, Port Lincoln Aboriginal Health Service, PO Box 1583, PORT LINCOLN SA 5606 OR emailed to [Carolyn@plahs.org.au](mailto:Carolyn@plahs.org.au) OR submitted via SEEK.**

**Aboriginal and/or Torres Strait Islander people are strongly encouraged to apply.  
APPLICATIONS CLOSE STRICTLY AT 5:00pm on Friday July 7th 2023**

# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## NATIONAL DISABILITY INSURANCE SCHEME (NDIS):

The National Disability Insurance Scheme (NDIS) is a government initiative to help people who have been diagnosed with a significant and permanent disability and or developmental delay.

NDIS enables those eligible to access funding for supports they need to achieve a better life for themselves, their families and carers.

We have a NDIS coordinator dedicated to helping the community on their NDIS journey by assisting people to access the scheme.

The NDIS role is support people by;

- Providing advocacy for clients across NDIS and other mainstream services
- Increasing awareness and helping people to understand NDIS
- Assisting people to meet access for NDIS
- Assisting with the gathering of supporting documents for an NDIS application

If you would like to find out more about the Nation Disability Insurance Scheme, please click on the link [www.ndis.gov.au](http://www.ndis.gov.au)

## INTERGRATED TEAM CARE PROGRAM (ITC):

Aboriginal and Torres Strait Islander people who are living with chronic conditions may be eligible for support through ITC.

A chronic condition is a condition that you have for a long period of time (present for at least 6 months) which may affect your ability to do your daily tasks or makes it harder for you to enjoy life.

Chronic conditions are unfortunately, very common in our community due to the changes in our lifestyles over the last 100 years.

The ITC program is designed to help you take control of your chronic condition so you can enjoy life.

Chronic conditions include, but are not limited to:

- Diabetes
- Mental health conditions
- Cancer
- Cardiovascular disease
- Chronic respiratory disease
- Chronic renal (kidney) disease

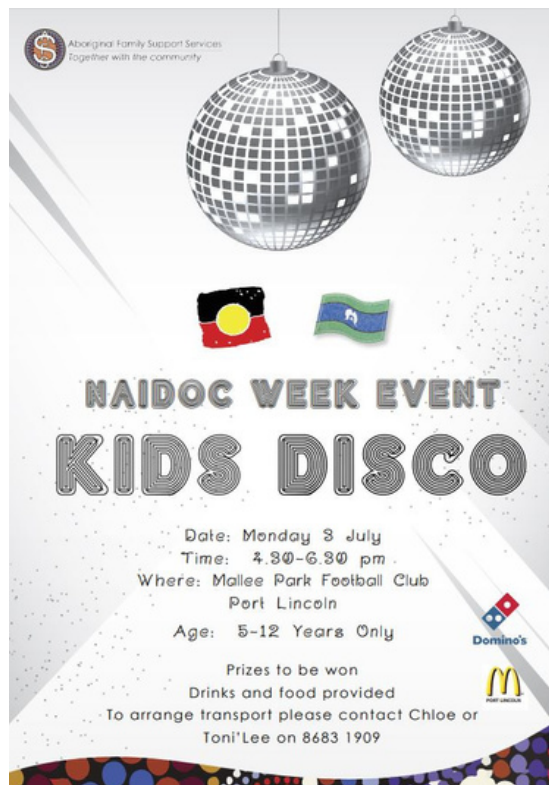
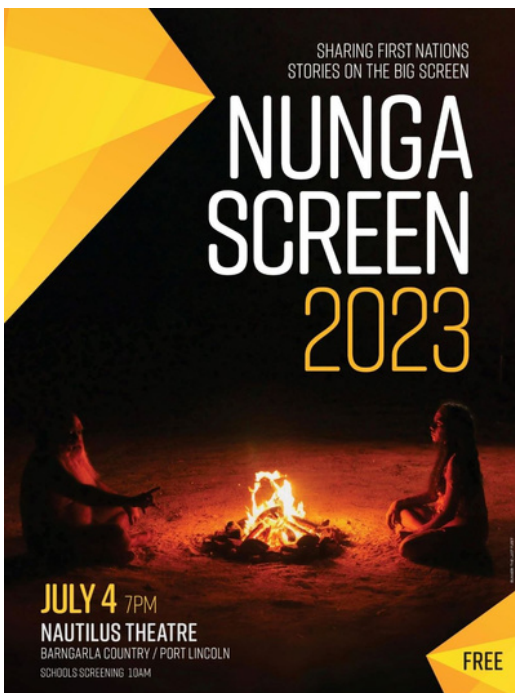
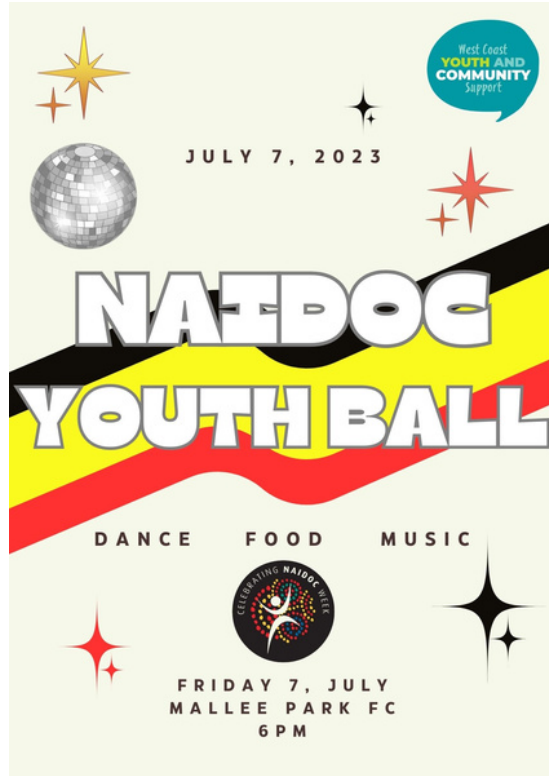
We can help you improve the prevention and management of your chronic condition with the support of an ITC Care Coordinator.



# PLAHS MONTHLY UPDATE

A Bi-Monthly Newsletter by Port Lincoln Aboriginal Health Service Inc

## COMMUNITY NOTICE BOARD:





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# PLAHS NAIDOC Week COOKOUT

Wednesday, 5 July 2023  
MPFC Wombat Pit  
10am Start



- Kangaroo Tail & Wombat
- Stews
- Sweets
- Damper



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### Farewell: Dr. Grace Morcom

It was with much sadness that PLAHS bid farewell to Dr. Grace as she went on maternity Leave in May. PLAHS staff bid farewell but hopefully not goodbye and we hope to see you back one day in the future. Goodluck with everything and Thank You!



# PLAHS MONTHLY UPDATE

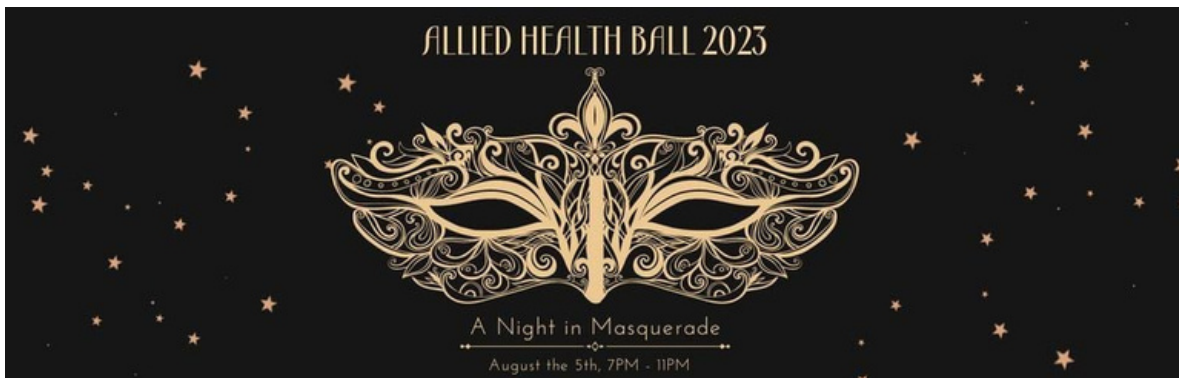
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## Dry July:

Dry July Foundation is a not-for-profit organisation that runs the annual Dry July campaign that challenges people to abstain from drinking alcohol for the month of July to support people affected by cancer. Since its inception, more than 290,000 participants have collectively raised over \$73m AUD, helping to support more than 80 cancer support organizations across Australia and New Zealand. Dry July encourages people to give up drinking alcohol for the month of July and invite donations for their efforts. Participants nominate a cancer service where they want the donations to go to. Or you can reap the health benefits of going Dry in July and give your body a well deserved break.



## Allied Health Ball 2023:



Adelaide's Allied Health Ball returns back, better than ever! You don't want to miss out on an unforgettable night as you step into a evening masked in Masquerade! Meet your allied health peers, and party your hearts out!

This year we are excited to announce a new venue to host the return of our ball at the Hilton Hotel, Adelaide.

**WHEN: Saturday 5th of August 2023**

**TICKETS: <https://allevents.in/adelaide>**

**TIME: 7:00 PM until 11:00 PM**

**WHERE: The Hilton Hotel Adelaide**