

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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(entrance via Cranston Street)
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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.

CEO

Message



Carolyn Miller, CEO PLAHS Ltd.

This is our first newsletter for 2026. This year I wish to start off with Community members who choose to be aggressive and abusive to staff whether it be in person or on the phone. I just wish to remind you that I understand people are not well but once again remind you that staff don't come to work to put up with this behaviour. I have mentioned before that the police will be called if you behave this way. Please remember we are here to help you as best as we can and if you are not happy you can put in complaints.

Reminder that flu and covid vaccinations are available in April so please book an appointment to have this done so that you are protected during the cold months of winter.

We have commenced our Cancer Program and currently have Jennifer and Neil doing this program. They are here to help in your journey.

I am pleased to announce that we have 3 new Board of Directors who have joined our Board. I wish to welcome Sharon Waye-Hill, Josephine Bilney and Damien Kelly. We are still seeking a Youth member between the ages of 18 – 25 years, if you qualify please call me if you are interested.

PLAHS offer a range of services and support for you, please feel free to contact us for appointments. You are able to access our Facebook page with up to date information

Thankyou

Thankyou for your support in 2026 and beyond

PLAHS Board of Management Announcement

PLAHS is pleased to announce the current Board of Management. We acknowledge and thank the following community leaders for their commitment and service:

- **Chairperson & Director:** Barry (Jack) Johncock
- **Vice-Chairperson & Director:** Travis Nash
- **Secretary & Director:** Iris Clements
- **Treasurer & Director:** Tosha Sambo
- **Director:** David Dudley Snr
- **Director:** Josie Bilney
- **Director:** Sharon Waye-Hill
- **Director:** Damien Kelly



The Board plays a vital role in providing leadership, governance, and strategic direction for PLAHS. We look forward to the important work ahead and thank the Board for their dedication to supporting the health and wellbeing of our community.

PLAHS are still seeking a Youth member between the ages of 18 – 25 years, if you qualify please contact Carolyn at PLAHS on 08 8683 0162.

APRIL- IMMUNISATION AWARENESS MONTH

April Is Immunisation Awareness Month

April is Immunisation Awareness Month, a time to remind our community of the important role vaccinations play in keeping us all healthy and protected.

Immunisation helps prevent the spread of serious diseases and protects not only individuals, but also families, Elders, and those most vulnerable in our community. Staying up to date with recommended vaccinations is one of the easiest and most effective ways to look after your health and the health of others. We encourage all community members to take this opportunity to check their immunisation status and book an appointment if any vaccinations are due. This includes routine childhood immunisations, booster doses, and adult vaccinations such as flu and COVID-19.

Appointments are available through your local health service or GP. If you're unsure about what vaccinations you or your family may need, our staff are happy to help answer your questions and support you through the process.

Let's work together to keep our community strong, safe, and healthy this April.

Book your immunisation appointment today.



SUPPORTING OUR FUTURE HEALTH WORKFORCE

PLAHS is proud to acknowledge and support staff members who are continuing their education and training this year to strengthen Aboriginal and Torres Strait Islander health care in our community.

Shakaya Walsh and N'ky Carbine are currently studying Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health Care.

Jamelia Haseldine is studying Certificate III in Aboriginal and/or Torres Strait Islander Primary Health Care.

Mia Haseldine is studying Aboriginal Maternal Infant Care (AMIC) at AHCSA in 2026.

We congratulate Shakaya, N'ky, Jamelia, and Mia on their commitment to learning and professional development, and we wish them every success in their studies. Their dedication plays an important role in strengthening health outcomes for our community.



Welcoming Our New PLAHS Team Members

PLAHS is pleased to welcome the following new staff members to our team. We look forward to the skills, experience, and commitment they bring to supporting our community.



Dr Joseph Snyder
GP Registrar (working Monday to Thursday)



Shenice Wells
Medical Receptionist & Administration



Jayleighka Rigney
Medical Receptionist



Charmaine Morton
Senior Aboriginal Case Manager



Wesley Bilney
TIS Project Officer



Christine Barclay
Registered Nurse, ITC



Doreleen Warrior
NDIS- Remote Community Connector

Please join us in giving them a warm welcome to PLAHS.





Every Wednesday from 11am to 2pm

WOMEN'S GROUP



Women's group is back providing a welcoming space for women in our community to connect, relax, and enjoy a shared lunch together. These sessions will include informal conversation, shared activities, and opportunities to build friendships in a supportive and relaxed environment. The group is open to local Nunga women who would like to connect with others in the community. No special skills or experience are required—just a willingness to join in and enjoy some time together.

*Thanks from
Charmaine & Shelly*

SEWB Team

DATE	APRIL	DATE	MAY	DATE	JUNE
1 ST APRIL	Making a mini succulent garden in a pot	6 TH MAY	Sewing Home-made fleece blanket	3 RD JUNE	Bush Medicine
8 TH	Beading & Jewellery Making	13 TH	Clay or Air-Dry Craft	10 TH	Candle making
15 TH	School Holidays No Group	20 TH	Beading & Jewellery Making	17 TH	Tie Dye T-Shirt
22 ND	School Holidays No Group	27 TH	Cooking a Healthy Meal Together	24 TH	Making a Cushions from T-shirts
29 TH	Canvas Painting or Pot Painting				



If you need transport,
please contact PLAHS on
8683 0162

YOUNG MEN'S GROUP



Come along to Young Men's Group and enjoy good company, lunch and support.

Held every fortnight on a Tuesday from 10:30-1:30pm.
Lunch and transport provided. For more information or to arrange transport contact Chris Kent at PLAHS on 08 8683 0162

DATE

21st APRIL

APRIL

Health checks

Session activity:

Table Tennis

Location:

Ravendale

DATE

5th MAY

MAY

Pathways and Resilience.

Activity: Mixed Sports

Location: Lesuire

Centre

DATE

2nd JUNE

JUNE

Leadershiop and Role Models.

Activity: Pool and Darts.

Location: Mens

Shed

19th MAY

Healing Through Connection.

Activity: Fishing Trip.

Location: Various

Location.

16th JUNE

Identify and Culture.

Activity:

Orienteering.

Location: Various

Location.

30th JUNE

Grief and Loss.

Activity Clean up cemetery.

Location: Port

Llncoln cemetery

Each event will feature a different guest speaker, covering topics that matter to young men.

*activities and locations are subject to change, dependent on the community events and weather



**Elder Care
Support**



**PORT LINCOLN ABORIGINAL
HEALTH SERVICE LTD.**

Elders Yarning Circle

What

Elders Yarning Circle where Elders come together to share their ideas and have a say in the programs and activities, they would like to be apart of this year.

When

Thursday, 16 April
10am – 1pm

Where

PLAHS
Diabetes Kitchen

Morning Tea will be provided.

Please contact PLAHS if you require Transport.

Who

PLAHS Elder Care Team:

Maryanne Clements – Elder Care Coordinator

Zaneeta Walsh – Elder Care Connector

Jhy Martin – Elder Care Coordinator



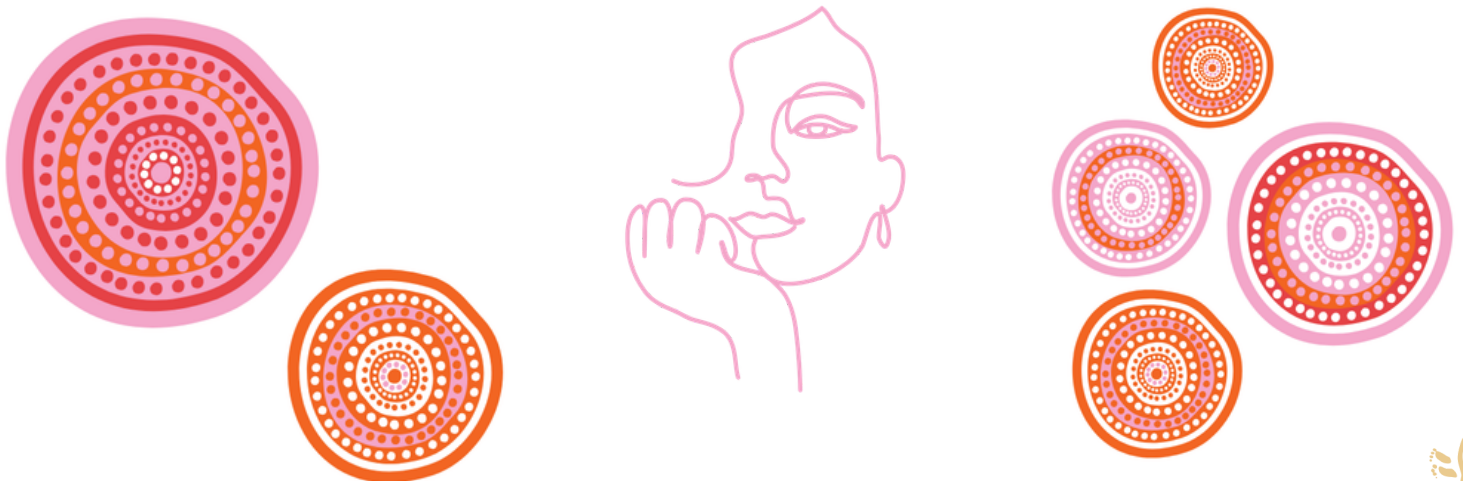
Womens Health Day

Women's Health Day was recently held at MPFC, focusing on improving women's health awareness, providing access to important health screenings, and bringing community members together in a supportive environment.

The event created an opportunity for women to learn more about their health, ask questions, and access services that support early prevention and wellbeing. It was also a valuable chance to connect with others and strengthen community ties.

A total of 45 community members attended, making the day a great success. We thank everyone who participated and helped make the event welcoming and informative.

We look forward to continuing to support women's health and wellbeing through future community events.



PLAHS REMINDERS



Flu Vaccinations Now Available at PLAHS

Flu vaccinations are now available at PLAHS.

Community members are encouraged to call and book an appointment to help protect themselves, their families, and the wider community during flu season.



Adult Health Assessment Days at PLAHS

PLAHS will be holding Adult Health Assessment Days on the following dates:

Thursday 30th April

Dr Alex (AM), Dr Joseph (AM), Dr Katherine (All Day)

Monday 18th May

Dr Alex (AM), Dr Monty (All Day), Dr Joseph (PM)

If you are due for an adult health assessment, please call PLAHS to book an appointment.



Non-Smoking Reminder

PLAHS is a smoke-free venue.

We kindly remind all community members and visitors that smoking is not permitted on PLAHS property or within the 30-metre exclusion zone surrounding the site.

This includes cigarettes, vapes, and all other smoking products.

Thank you for helping us maintain a safe, healthy, and welcoming environment for everyone.



Notice of Closure – ANZAC Day

PLAHS will be closed on Monday, 27 April, in observance of ANZAC Day.

We respectfully acknowledge and thank all servicemen and servicewomen for their service and sacrifice.

PLAHS will reopen on Tuesday, 28 April at 8:30 am.





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