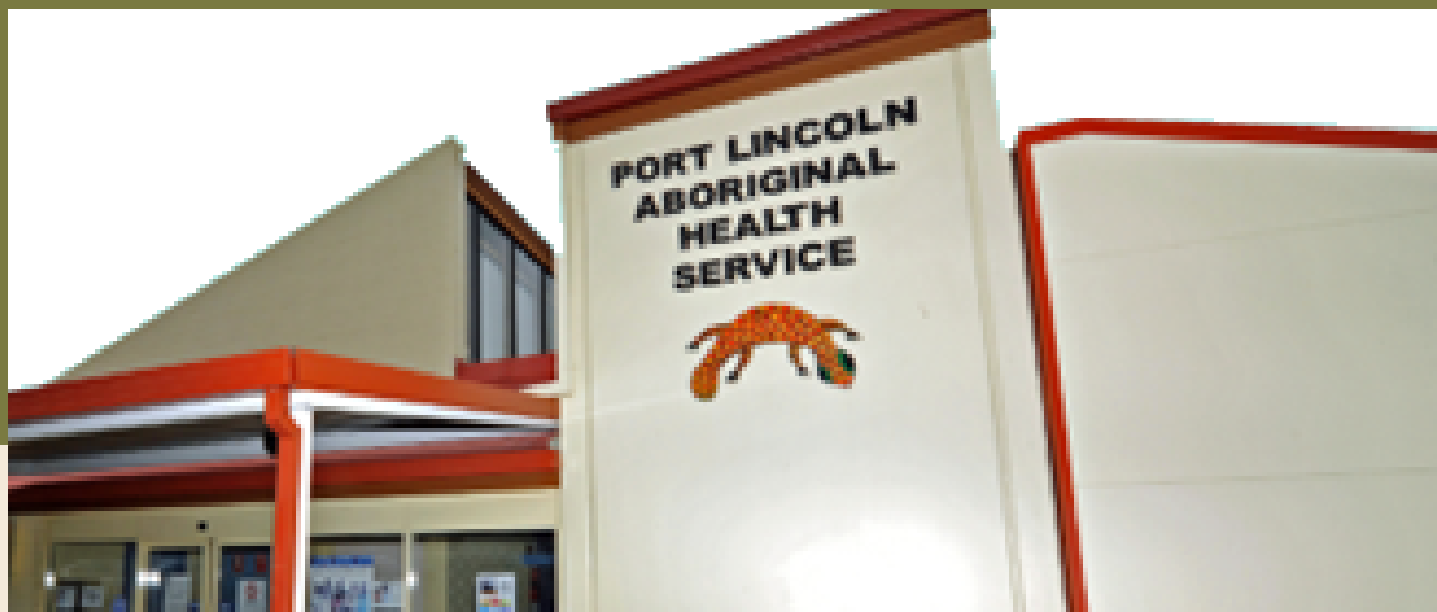


Community News

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



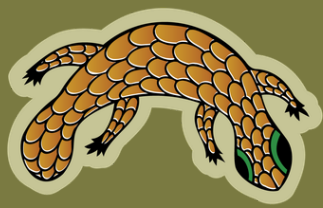
CONTACT US

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

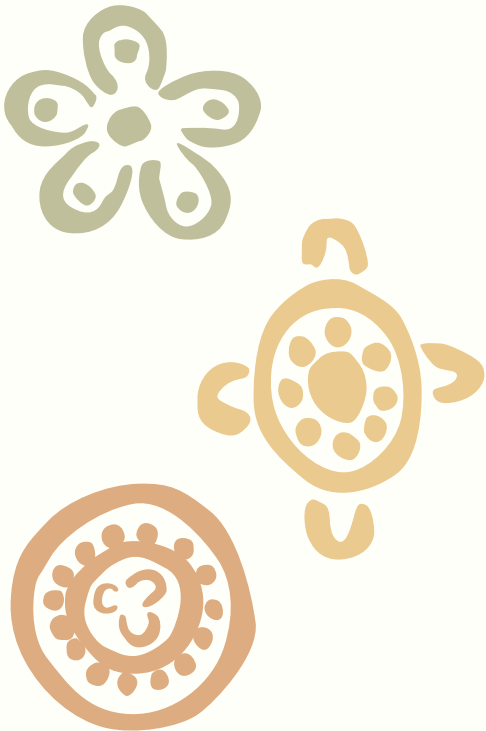
Monday to Friday 8.30am to 5.00pm
*Please note the clinic is closed
between 12.30pm and 1.30pm

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.



CONTENTS

CEO Message	2
Theme of the Month- Women's Health	3-6
PLAHS smoke-free policy	7-8
NACCHO National Health Executive Leadership Program	9
Out & About	10
Employees of the Month	11-12
Staff Profile	13
Community Billboard	14



CEO Message

Carolyn Miller, CEO PLAHS Ltd.

As we head into the colder months, I encourage you to have a flu vaccination to protect you during this time. Football and netball season has started and it is good to see a lot of our community are out playing their winter sports. It is great to see that our clinics are busy every day at times we have up to 4 doctors consulting in a day, also our Specialist have been busy when they visit. As the price of fuel continues to increase we as a service will monitor how we continue to provide the services as best we can. Continue to be updated on our Facebook page and or SMS's.

PLAHS had a really good response from the recent client survey with over 200 clients responding, I wish to thank you for this as your responses will assist in further improvements. As you have noticed we have erected a shed in our carpark for storage and security and we will also be putting up fencing in the smaller car park for work vehicles.

As you may or maynot be aware we have installed security camera's in the reception area for the purpose of security and now the downstairs toilets have been upgraded, finally after all this time. PLAHS will continue to apply for grants to upgrade or extend building for more office space when they become available. As you now we have the front of the building back and we are using that space more and more fo Community.

“Strong Women, Strong Communities”

Women’s Health Month

May 2026



SUPPORTING WOMEN'S HEALTH IN **OUR COMMUNITY**

Women's health is at the heart of strong families and thriving communities. At Port Lincoln Aboriginal Health Service (PLAHS), we know that when women are supported to care for their health, the benefits ripple across generations.

This month, we shine a spotlight on the health and wellbeing of women in our community—celebrating strengths, raising awareness, and continuing our commitment to culturally safe and accessible care.

Why Women's Health Matters

Across Australia, Aboriginal and Torres Strait Islander women experience higher rates of chronic disease, barriers to care, and lower access to preventive services compared to non-Indigenous women. Locally, PLAHS data reflects similar patterns, highlighting the importance of early intervention and ongoing support.

At PLAHS, our services aim to empower women through culturally responsive care that respects connection to family, community, and Country.

Snapshot of Women's Health at PLAHS

Over the past year, PLAHS has supported many women across a range of health services:

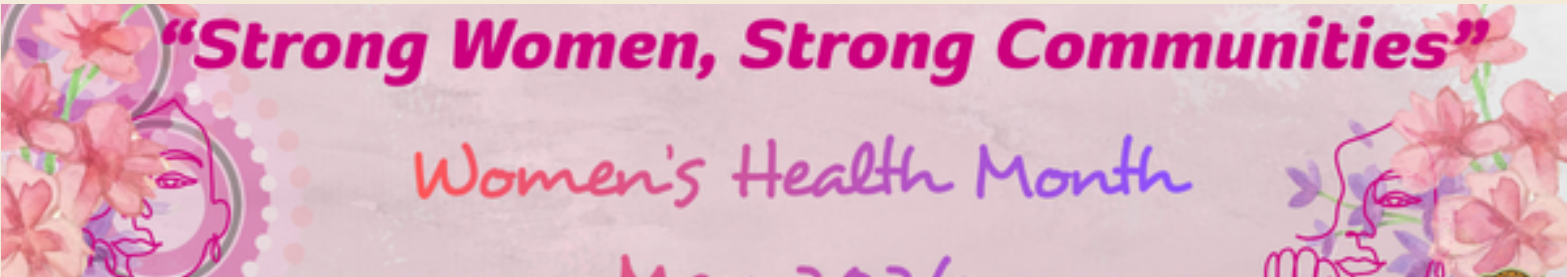
4,659 women accessed primary health care services

206 participated in health checks (Health Check 715)

73% have had Cervical screening check in previous 5 years

108 antenatal and postnatal visits supported mums and babies

These numbers are more than statistics—they represent women taking steps to look after themselves, their families, and their futures.



“Strong Women, Strong Communities”

Women's Health Month

May 2026

Key Health Priorities

🌸 Preventive Health Checks

Regular health checks help identify risks early. Conditions such as diabetes, heart disease, and high blood pressure can often be managed effectively when detected early.

🌸 Screening and Early Detection

Cervical screening and breast health awareness remain crucial. Encouraging women to participate in regular screenings can significantly reduce the risk of serious illness.

🌸 Maternal and Child Health

Supporting women through pregnancy and early motherhood ensures the best outcomes for both mother and baby. PLAHS continues to provide culturally safe antenatal and postnatal care.

🌸 Social and Emotional Wellbeing

Women often carry multiple responsibilities, and mental health is just as important as physical health. Our SEWB programs provide culturally appropriate support in a safe and understanding environment.

Breaking Down Barriers

We understand that accessing healthcare is not always easy. Barriers such as transport, time, cultural safety, and past experiences can affect engagement.

PLAHS is committed to:

Providing a welcoming and culturally safe environment

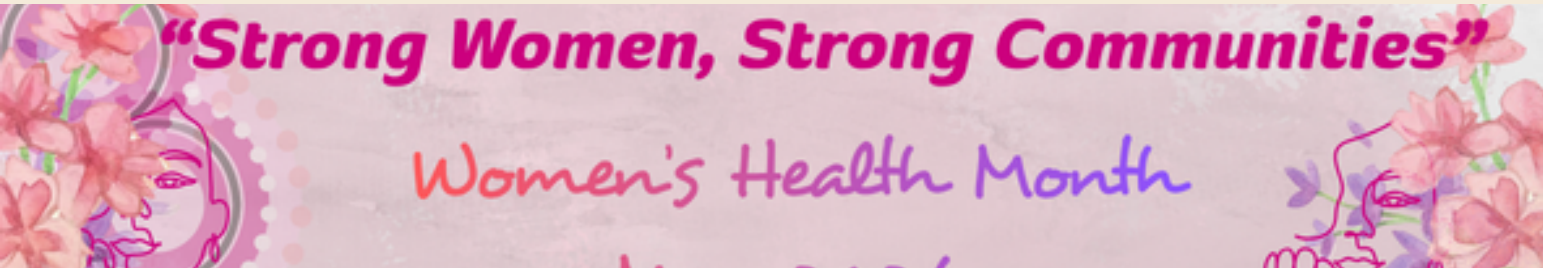
Offering flexible appointment options

Supporting outreach and community-based services

Building strong relationships with women and families

A Strength-Based Approach

Women in our community are strong, resilient, and deeply connected.



“Strong Women, Strong Communities”

Women's Health Month

Simple steps can make a big difference:

- 🌸 Book a regular health check
- 🌸 Stay up to date with screenings
- 🌸 Talk to a health worker about any concerns
- 🌸 Support and encourage other women in your family and community

🌸 **We're Here for You** 🌸

PLAHS is here to support women at every stage of life. Whether it's a routine check-up, support during pregnancy, or help with wellbeing, our team is ready to walk alongside you.

📞 Contact us today to make an appointment or learn more about our services by giving us a call 08 8683 0162 or email reception@plahs.org.au

This Women's Health Month, let's continue to support, uplift, and care for the women in our community. When women are healthy, communities are strong.

"Strong Women, Strong Communities"

Women's Health Month

May 2026

PLAHS SMOKE-FREE POLICY: SUPPORTING A HEALTHIER COMMUNITY

PLAHS is committed to creating a safe, healthy, and respectful environment for all. Our Smoke-Free Policy helps reduce the harms of smoking and supports better health outcomes across our community.

Key Points

- No smoking, vaping, or e-cigarettes in PLAHS buildings, vehicles, or smoke-free zones
- Smoke-free areas are clearly signed across all sites
- Staff and visitors are encouraged to respect these spaces at all times

Supporting Healthier Choices

Smoking is a major cause of preventable illness, including heart and lung disease. By maintaining smoke-free environments, PLAHS helps protect everyone—especially children, families, and those with chronic conditions.

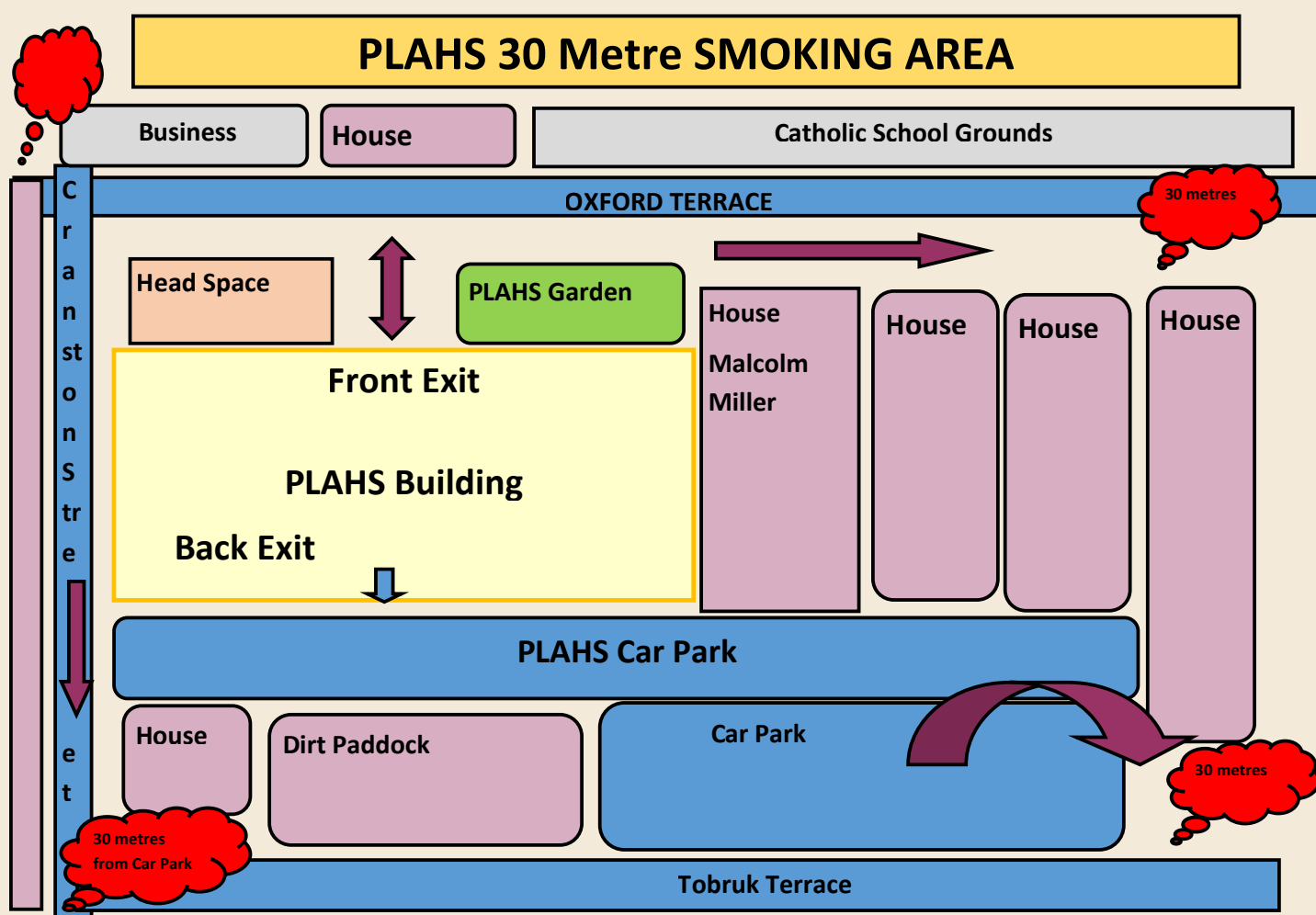
Designated Smoking Areas

Smoking is only permitted in designated areas away from entrances and shared spaces.





Please refer to the attached map for designated smoking locations.



This policy is about support, not judgement. By respecting smoke-free areas and encouraging healthy choices, we all contribute to a stronger, healthier community.

👉 Please remember the PLAHS TIS team is here to support you if you're planning to quit or need help on your quit journey.



Strengthening Leadership for Healthier Communities

I recently attended the NACCHO National Health Executive Leadership Program, which brought together a small cohort of CEOs and senior leaders from Aboriginal Community Controlled Health Organisations across Australia. The program focused on transforming health outcomes for our communities and was overseen by Dawn Casey, NACCHO CEO, and Donnella Mills, NACCHO Chair.

Being in a room with empowered Aboriginal and Torres Strait Islander leaders from all parts of the country was both humbling and inspiring. There was a strong sense of shared purpose, deep respect for community, and recognition of the individual and collective strengths we each bring to our leadership roles.

The program created space to reflect on the current and future changes facing our communities, our organisations and our workforce, while also strengthening a national CEO and executive leadership network. A key message throughout the program was that, as a collective, we have far greater power to drive meaningful change than any one individual alone.

For me, this experience was invaluable as a leader at PLAHS, providing time to reflect, learn from others facing similar challenges and successes, and reaffirm the strength of the ACCHO sector, which places community and clients at the center of everything we do.

These learnings will support how we continue to work together, support our staff, and provide strong, culturally safe care for our PLAHS community.

Teresa Szumski

Business Services Manager



OUT & ABOUT**BIGGEST MORNING TEA**

EMPLOYEE OF THE MONTH- APRIL

**CORRENA FRANKLIN**

She consistently helps lead the team by setting a positive example and offering guidance whenever needed. Her willingness to step in, support others, and take initiative has made a noticeable impact on our team's success this year. She not only completes her own responsibilities but also looks for ways to improve processes and introduce easier, more efficient methods of doing things.

**TWANIA AMOS**

From being a dedicated child health worker, going above and beyond with outstanding teamwork and support to colleagues. Providing creativity and innovation with promoting women's health checks.



EMPLOYEE OF THE MONTH- APRIL

**JULIE GLASS**

For outstanding teamwork and support to colleagues as a Midwife and Registered Nurse, making a personal effort to 'go the extra mile' to support women, their babies and children.

**NATASHA JOHNCOCK**

An excellent advocate for patients and staff, delivering culturally safe care. She is an educator and a leader.



STAFF PROFILE

**CHRIS BARCLAY**

Registered Nurse- Chronic Conditions/ ITC

Name: Chris Barclay

Family: Heta / Marerahi whanau

Community and Tribe: Waikato-Tainui confederation NZ; **Main Tribe:** Ngati Raukawa ki Wharepuhunga, NZ.

Position/ Work: Registered Nurse- Chronic Conditions/ ITC

Favourite Food: Chocolate

Favourite Music/ Singer: Reggae/ Uncle Bob (Bob Marley)

AFL/ NRL Club you Support: - The NZ All Blacks Rugby, and QLD maroons NRL.

Advise to Young People: Believe and don't let anyone tell you that you can't be what you want to be - go for it.

Health Issues in Community: Eradication of acute rheumatic fever (a sentinel marker of poverty, disadvantage and inequity).

Three Wishes:

1. Free universal basic health and income (equity by re-shaping social and structural determinants).
2. Economic redress for uncaded stolen lands or lands back (equity)
3. Universal gender pay equity

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

- Bob Marley (1945-1981),
- King Tawhiao (Waikato Tainui King, Ariki, and Tohunga 1860-1894),
- Buddha (5th Century).





PLAHS EXPO DAY

COMMUNITY EVENT



Wednesday, 17th June 2026



10AM



Mallee Park Football Club

Join us for a community expo featuring a range of health and support services for our community:

- Cancer Support
- Tackling Indigenous Smoking
- Culture Care Connect
- NDIS & Elders Support Program
- Diabetes SA

EVENT HIGHLIGHTS

- Door Prizes
- Lunch
- Bingo

Prize eligibility is strictly for community members who will arrive between from 10AM to 10:30AM and sign in on arrival.

If you need transport or any other information, feel free to contact PLAHS 08 8683 0162 or email reception@plahs.org.au