

NINDI

NEWS

IN THIS ISSUE

March 2021

ISSUE 35

- 2 Program and Services Manager
- 3 Child Health
- 5 First Aid
- 7 Spiritual Health
- 9 Physical Activity
- 11 Nutrition
- 13 Women's Health
- 15 Drug and Alcohol
- 17 Environmental Health
- 19 Healthy Lifestyles
- 21 Commonwealth Home Support Programme
- 23 Maternal Health



Diabetes

Here are some tips for good health to help **manage your diabetes** or **reduce your risk of developing diabetes**



BE SMOKE FREE

Quitting is the best thing for your health



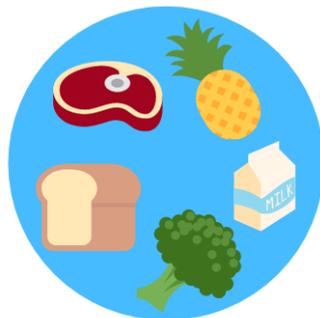
LOOK AFTER SKIN SORES

Keep 'Em Clean
Keep 'Em Covered Up



BE ACTIVE

Exercise for 30 minutes every day



EAT GOOD TUCKER

Eat plenty of fruit and veg, lean meats, grain foods and dairy products



SEE THE DOCTOR

Get regular check ups to keep on top of your health



GOT A QUESTION

Contact the Nindilingarri Chronic Illness Team on 9191 0093





Program and Services Manager

Nindilingarri Programs and Services illustrated their commitment to the community over the last 6 months with great professionalism. Although NCHS said goodbye to several staff including Laima Ziedars (Maternal Health), who has gone onto work as a school teacher, but remains in the Valley. The Team have been fortunate enough to welcome some exciting and new staff, Kaitlin Johnson (Child Health Program), Sophie Hambley (Maternal Health Program) and Jude Hasset (Spiritual Health Program). These staff members will rejuvenate many of the programs they have entered. Its great to see all team members working together with their priority lying with the community.

All program reports have been successfully submitted to relevant funding bodies with some fantastic feedback. NCHS were recently lucky enough to have some of our commonwealth funding bodies come in and see NCHS programs in action.

After navigating a difficult year, NCHS are in talks with Royal Flying Doctor Service, as well as Kimberley Population Health Unit to discuss the roll out of the COVID-19 vaccine. NCHS will support and share the responsibility of reaching as many community members as possible, and will work to support people in the town and remote communities over the next few months. The flu vaccination as well as the COVID-19 vaccination roll out to protect the Fitzroy Valley communities against various strains of the flu and the corona virus.



NCHS thanks all the community members for the ongoing support and look forward to working alongside them. The team hope to have a year less focussed on COVID-19 and more on tackling the issues that are NCHS core business - Health Promotion. That is, in educating, preventing and tackling issues together with community members throughout the valley.

Clint Bussey



CHILD HEALTH

In the latter half of 2020 there have been some changes in the Child Health Promotion program. NCHS said farewell to Kishita Patel our previous Child Health Promotion Officer (CHPO) in July 2020 and welcomed a new member to the Nindilingarri team. Kaitlin Johnson joined the team in September to replace Kishita as the new CHPO. Throughout 2020 Nindilingarri also experienced disruptions to service delivery due to the ongoing impact of the COVID-19 pandemic.

The Child Health Program remained active over the past 6 months. The aim of this program is to ensure that Aboriginal children have increased access to timely and relevant health services that support their growth and development. To meet this aim, the Program has continued providing the following services to mum's and bubs in the Fitzroy Valley:

- 0 - 3 group every second Tuesday in Djugerari
- 0 - 3 group every Wednesday in Wangkatjungka
- Splash Time during terms 1 and 4
- Child health baby bundle deliveries around the Valley

Kaitlin has been working with families in town and surrounding communities and also works in partnership with the Child Health Nurse, Aggie, to promote the importance of keeping children up to date with their child health check-ups and immunisation. Check-ups are scheduled at 0-14 days, 8 weeks, 4 months, 12 months, 2 years and starting school age. After a scheduled child health check-up is completed, Kaitlin will follow up with the family to provide a Baby Bundle that contains age-appropriate items and health resources. This provides an opportunity for Kaitlin to engage with the family and invite them along to any relevant sessions happening in town or community.

In conjunction with Laima, the previous Maternal Health Promotion Officer, weekly health workshops at Wangkatjungka and Djugerari schools have been running, as part of the 0-3 Program. During this time various health topics are covered, and the group has the opportunity to do some fun art and craft activities. The 0-3 programs at Wangkatjungka and Djugerari will continue in 2021, rain and road condition permitting.

Splash Time is a facilitated swimming session for mums, dads and carers with children aged 0 to 4 years. Splash Time is a great opportunity for families to come together to cool off in the pool and for children to become familiar with the water at an early age. Splash Time will continue again for 4 weeks in March. The sessions run on Thursday mornings from 9am till 10am. Bus pickups from Bayulu, Joy Springs and town will be available. If you need assistance with transport or would like more information, please contact Kaitlin at Nindilingarri on (08) 9193 0093.



Kaitlin is excited to begin a new and exciting year of programs in the Valley and look forward to seeing some new faces. The Child Health program welcomes all families with lilliwans aged between 0-5 to attend our programs and activities. To keep up to date with things happening, 'like' the Nindilingarri Maternal and Child Health Facebook page!

If you would like attend any of the groups mentioned above or think that Kaitlin could assist your family or community in any way, please do not hesitate to contact her at Nindilingarri on 08 9193 0093 or email her at chpo@nindilingarri.org.au



Kaitlin Johnson

First Aid



The First Aid and Bush Medicine Program has been continuing its involvement across the Fitzroy Valley, concentrating on areas such as Chronic Illness, school education and providing dressing packs and bush medicine to people not only in the township of Fitzroy Crossing but also to the families that live in remote communities throughout the Valley.

As part of the Chronic Illness team at Nindilingarri, the First Aid Program has co developed the ROCI Program and from this the team has also produced the ROCI for Schools Program. The ROCI program is centred around ways of improving adult health outcomes through a 13-week program. The ROCI for school's program has a focus on educating children about the burden of chronic illness, and gives the children some of the tools required to make an informed decision about their health into the future.

The Program is delivered in a fun and entertaining way by introducing the class to a weekly theme using real word examples, and interactive games to assist in developing knowledge around reducing chronic illness. The Program includes sessions on diabetes, eating healthy food, the heart, the kidneys, smoking and also incorporates how having an active lifestyle can improve your health for the rest of your life.

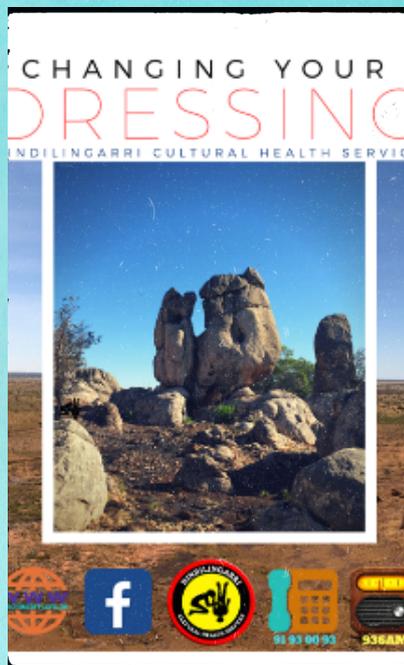


The First Aid Program has also been part of several other health promotion sessions around the valley. Some are organised events such as Kidney and Heart clinics, and some have been impromptu one-off sessions. Themes talked about in these sessions can vary greatly and are often driven by the participants themselves. Some topics discussed during these sessions were: first aid and snake bites, germs and hygiene, the importance of hand washing, bush medicine including types of medicine you can find in the bush and making those plants into a shelf ready product.

As well as running health promotion sessions on these mentioned topics, a large part of the programs work has been focused on the Coronavirus. The First Aid Program has been involved in the production of promotional materials helping to dispel some of the myths around the virus, and educating people about how the

virus works, how it is spread through the community and ways to help protect each other from contracting the virus. This has been done through the production of posters, creating audio and video and through face-to-face talks with individuals and groups.

As always, the Dressing Pack Program has been as popular as ever, with increases in production and distribution of both the dressing packs themselves and pots of bush medicine. Nindilingarri has seen dressing pack production increase to 1835 dressing packs over the last six months and the number of Bush medicine pots distributed to 661 over the same time frame. With the numbers seen over the past six months it is expected that the First Aid and Bush Medicine program will see an increase of dressing packs and Bush medicine pots distributed over the entire reporting cycle.



"THINGS TO KNOW"
Booklets
Available



Ben Storer



Spiritual Health

NCHS would like to welcome Jude Hassett to the team as the new Spiritual Health Promotions Officer. Jude started early in 2021 and is very eager to work with people of the Fitzroy Valley. In the first few weeks Jude has been getting the studio and equipment ready for a big year.



Working collaboratively with fellow NCHS staff and external organisations, Jude is working with community members on solo and group projects recording and writing music in the studio. The finished projects also have the potential of being played on the radio.

One of these bands, Rocky Ridge Band from Wangkatjungka have also been coming into the Spiritual Health Studio at NCHS to practice for their tour in south WA where they will be playing a number of shows including Nannup Music Festival.

You may have seen their performance/videos on social media (Facebook) on the Fitzroy Crossing Notice Board.



Jude has also started working with the clients at CHSP and residents at Guwardi, doing a weekly sing along. The clients are having a great time learning new songs and remembering old ones.

The team is looking forward to more upcoming projects and welcomes everyone to either drop in to the studio for a yarn or call (08) 9193 0093 to arrange some studio time, or alternatively email Jude - spiritual.health@nindilingarri.org.au



Jude Hassett



Physical Activity

In the past 6 months the Physical Activity Program has been involved in a number of different programs and events and worked with great service providers across the Fitzroy Valley.



The Men's Health program continues to run the Mooditj program with the young boys in the Fitzroy Valley. In the past 6 months it has worked with classes at Fitzroy DHS, Wangkatjunga, Bayulu, Muludja and Noonkanbah schools. These sessions continue to teach important Men's Health topics such as healthy relationships, respectful behaviours, hygiene, positive lifestyles and many others. Some protective behaviours sessions were run with Fitzroy DHS also.



The program continues to work closely with the elderly at the two facilities in town CHSP (formally known as HACC) and Guwardi, which assist with care. These exercises are to specifically target the aging bodies and health concerns for the elders in the community. They are flexibility and strength based to help prevent falls and improve bone density which declines with age. A similar exercise group has been formed within the Renal Hostel to work with the clients as well as their care takers in a similar way.

Youth engagement is a key area of the program and it continues to help run sessions which encourage kids to attend school. Working alongside the CLONTARF football academy at the school the program has provided 2 morning exercise sessions per week where Ross works on getting the kids up in the morning, provide exercise and breakfast to build good healthy routines. It also facilitates bi-weekly gym sessions with kids who aren't attending school at all to try and build relationships and encourage re-entry. The program has also had mentor-ship programs running where students gain work experience and get involved in the physical activity delivery and resource creation.

For any more information on the Physical Activity Program and Men's Health Programs please call 91930093

ROSS CAMERON

Nutrition



The Nutrition Program aims to improve the health and wellbeing of residents across the Fitzroy Valley through nutrition education and skill development.

National Diabetes Week

There is a high prevalence of diabetes within the Fitzroy Valley and so in July Alice along with Ross (Physical Activity), Ben (First Aid) and Kelly (Healthy Lifestyles) partnered with Jenna (Fitzroy Crossing Boab Diabetes Educator) to raise awareness of diabetes in the communities.

The team worked with community stores in Yiyili, Wangkatjungka and Fitzroy Crossing to promote the importance of properly managing diabetes and tips on how to reduce individuals' risk of developing diabetes. While eating Healthy Tuna Pasta salad, Alice and the team spoke to community members on the importance of being physically active, looking after skin sores, being smoke free, eating plenty of good food and having regular check-ups with health professionals.

Chronic Illness Team

Kelly (Healthy Lifestyles), Ben (First Aid), Ross (Physical Activity) and Alice have teamed up to tackle chronic illnesses by providing education on prevention. While The team was not travelling, they put together a ROCI (Reducing Our Chronic Illness) program for schools. The Program is made up of five sessions which cover healthy eating, diabetes, the heart, kidney health and smoke free homes and cars. The team were lucky enough to be able to pilot the program at Yakanarra School and have since rolled it out at Yiramalay and Muludja schools as well as during the Clontarf Big River Carnival and Garnduwa school holiday program.



Nutrition Workshops

Alice worked closely with Djugerari School to provide nutrition education and cooking activities for the students. The focus for Term 4 was on the five food groups and the important role each group plays in building strong healthy bodies. The students at Djugerari love getting their hands dirty and were always eager to whip up a delicious recipe.



The Nutrition program also worked with Garnduwa to run the Kids in the Kitchen after school program. These sessions were centered around increasing kids' knowledge of different foods and how to add more fruit and vegetables into their cooking whether it be muffins or pizza.

Each week Alice joins Ross (Physical Activity) to run exercise with the clients of the Commonwealth Home Support Program (CHSP). Alice has also started running nutrition education and cooking sessions with clients after exercise.

These sessions have been a great way to learn about healthy eating and modifying our favourite meals to make them more nutritious.

Alice is looking forward to the year ahead and is excited to be helping to improve the health of those living in the Fitzroy Valley.

Alice Cameron

Women's Health

13



In the past 6 months the Women's Sexual Health team has been busy delivering programs to communities and schools throughout the Fitzroy Valley after the easing of the COVID-19 restrictions.

Skuddawun Miewun Boodee (Mooditj)

Skuddawun Miewun Boodee (Mooditj) sessions resumed in full force, with the Sexual Health team making it out to Fitzroy Valley DHS, Yakanarra School, Yiyili School, and

Noonkanbah School before the end of 2020. Sessions will begin again very soon for 2021, with young people learning more about self-esteem, feelings and emotions, puberty, relationships, and sexual health, and better equipping them to feel strong and confident in themselves. The team are always happy to meet new people and have a yarn, so please contact NCHS if your school, community, or family are interested in having the team come and do some sessions.

Skudda Girls

Skudda Girls will also be picking up again soon in 2021, with lots of fun activities planned. In 2020 there were lots of different activities including music, gardening, making slime, and making face masks! Helen had a lot of girls coming along, and it was lovely to engage with everyone, girls who have come along before, and new people! All girls aged 10-16 are welcome to join in and have some fun when Skudda Girls is on, and maybe even win a prize at the end of term! Keep an eye out for the Skudda Girls posters around town to tell you when it's on and what activities will be running.



Condom Trees

The Condom Trees around the Fitzroy Valley continue to be filled up as always, and a couple of new ones have been added around! Condom Trees allow all people to be able to access condoms for free and with no shame, to help prevent the spread of STIs and help people to be able to plan their pregnancies. If your Community would like a new Condom Tree or if you would like us to relocate one to a different spot, please get in contact with us and let us know!



Protective Behaviours

In 2020 the Sexual Health team went out to deliver some Protective Behaviours sessions at Yakanarra Community. Protective Behaviour sessions are a fun way to teach young kids about the different names for our body parts, and help them to know how to keep themselves safe, and feel strong about their bodies. It is important for kids to feel confident to stand up for themselves and know who are safe people to talk to if they feel unsafe. If you want the Womens Sexual Health officer to come and have a yarn with your young people, get in contact.

National Condom Day Competition

To celebrate National Condom Day 2021 which was on the 14th of February, Nindilingarri had their annual "Guess how many condoms are in the jar" competition! This year there were 57 guesses and it was great to see so many people have a go. There were 74 condoms in the jar and we would like to congratulate our winner Jasmine Davies, who won a brand-new iPad!



Helen Stemp

Alcohol & Drug



Over the past 6 months the AOD team have been working extremely hard with the re-establishment of the AOD program and its program activities with in the Fitzroy Valley area.



The team have begun a working group in Bayulu Community which focuses on the issues of the community, mental health and social well-being of community members by bringing the community together and discussing options and pathways to best help community. The team have assisted the community in discussions with local government and other parties for better governance structures. In 2021 the team are hoping to start this with other communities that are interested.

Since August 2020 the AOD team have had 2 homes request the section 152 house restrictions and hopefully by March 2021 these should be finalised bringing the total of houses in the Fitzroy valley with section 152 restrictions to 51 houses which is a great start to the new year.

The AOD team has joined forces with the ROCI team (Ben, Ross, Alice and Kelly) to begin setting up some extra education sessions for the schools and with some great activities.

The AOD team with assistance of Helping Minds and Football West held a FASD Day and Mental Health day which focused on the kids having some fun and parents meeting and talking to the different services while the NCHS health promotion team cooked up a big feed. Big thanks to the services that came along and supported the event.





NCHS and AOD team were very lucky in being invited to Bayulu Remote Community school NAIDOC ceremony which unveiled the old Bayulu Cave school plaque. The school gave recognition to those who went to school there and how far the school has come and given so many of the local people an education to become great role models in the Fitzroy Valley today.



Anthony Collard & Benita McGinty

Environmental Health ¹⁷



Patrick Davies



Tye Yeeda



Harry Yungabun



Daniel Wilkins



Floyd Murray

The Nindilingarri Cultural Health Environmental Health program has been involved in a range of EH program services delivery over the last 6 months. These services include community infrastructure monitoring checks of all community water supply, sewage ponds and waste sites and audits of car bodies at waste sites. Housing inspections were also carried out by the team and the follow up of plumbing maintenance/repairs on behalf of tenants.

As a precautionary measure and given the Corona Virus pandemic last year there were many individuals and families that lived in circumstances that exposed their health to a higher level of risk from Corona Virus and greater vulnerability to their overall health. The NCHS EH Team assisted Loanbun community by cleaning up and repairing the community ablution block, so that the drains and hardware facilities were functional and able to be used, to wash, shower and do laundry. A second-hand bed was repaired by the EH team and mattresses provided by Nindilingarri to an elderly person. The EH Team have continued with the distribution of hard soap supplies to all communities and households in the Fitzroy Valley including remote clinics at Wangkatjunga, Bayulu and Yiyili.

The Team have recently purchased cat and dog traps to help with trapping of stray animals. The traps have already been used at Guwardi Ngadu Age Care and the CHSP building, all animals trapped are taken to the Shire Ranger for Euthanasia.

The EH Team cleaned up Mindi Rardi community and removed excess household waste and housing maintenance material, as well as conducting plumbing repairs check at the request of the community. The ranger assisted the team to euthanize and removed three adult pigs and their piglets who were damaging the plumbing pipes at a house.

The EH team also aided a family who all required assistance in Bayulu Community. A healthy housing check was carried out to ensure that all hardware, drains, toilets and showers were functional and working. All plumbing and drains were checked and replaced to ensure they were functional. The EH team, as part of general clean up, slashed the yard of all the overgrown grass and removed all excess household waste off the property. The team also repaired the main front gate and damaged fence line to the property to ensure the safety of the very young children to play in the yard, and to prevent them from wandering.



The team inspected a crash site where a truck spilled Av-gas fuel on the side of the road. Cleanaway was onsite and removed the majority of contaminated soil. The EH team, informed community members of Ngumpan and Wangkatjunga of what was happening with spilled Avgas and advised them not to swim or drink water from the nearby spring until it has been tested for chemicals.

NCHS EH team members Daniel Wilkins and Floyd Murray attended and completed a Dog Health Training Course held in Derby in September 2020. The training course was arranged by the Department of Health. The team would like to congratulate Daniel and Floyd for completing the course as they can further assist the organisation in providing the Community Dog Health Program service in the Fitzroy Valley.





Healthy Lifestyles

Over the past 6 months the Healthy Lifestyles officer Kelly had a great time working with Wangkatjangka Remote Clinic in order to promote the smoking cessation service and connect clients with other healthcare professionals, in order to ensure a continuation of care. The program aims to work closely with Noonkanbah Remote Clinic and Yakanarra's RFDS Clinics in 2021 in order to help a greater number of individuals manage their smoking.



Due to Covid19 and wet season impacts on program delivery, the Healthy Lifestyles program has looked at new ways to deliver services to the Fitzroy Valley, including phone and zoom style meetings, as well as group sessions to improve participation and limit contact with individuals as per covid guidelines.



Many fun school sessions about the importance of smoke-free homes and cars were held in Yakanarra, Yiramalay, Djugareri and Muludja, as part of a Nindilingarri 'Reducing Our Chronic Illness' (ROCI program) school health program. Sessions covering the dangers of tobacco and addiction were also held with older students at Yiramalay and Fitzroy Valley District High School. All sessions plan to run bi-annually, in order to reach new student groups in 2021. Working with more schools like Bayulu, Yiyili and Wangkatjangka is also planned for 2021.

Working with carers of children and mums-to-be is of vital importance to both the Healthy Lifestyles Program and the Maternal Health and Child Health Programs. Together, work has been done to deliver both formal and informal anti-tobacco sessions to this group to reduce the smoking rates of pregnant women and those living with children. These sessions were held regularly at the Wangkatjangka and Djugareri Kindlink/0-3 sessions.

The Healthy Lifestyles Program officer was proud to complete postgraduate studies in the area of smoking cessation and is in the process of finalising her accreditation as an Australian Tobacco Treatment Specialist.



Kelly Parker

COMMONWEALTH HOME SUPPORT PROGRAMME



Over the past 6 months the Commonwealth Home Support Programme (CHSP) has been successfully completing all client services. CHSP has been fortunate enough to welcome new clients into the programme allowing CHSP to help increase the quality of life for clients and help keep them independent. CHSP is also in the process of working with NDIS to help their clients get some services through CHSP.

NCHS would like to introduce Caston Chunghu and Kayla Stack as the new CHSP Support Workers. Caston and Kayla are doing a great job learning the ropes and enjoying their new positions and working with the clients at CHSP.

Ross Cameron, who runs the Nindilingarri Physical Activity Program has continued to come down to CHSP every Wednesday along with Alice Cameron who runs the Nindilingarri Nutrition Program. This has been encouraging the clients to continue moving and improve their mobility and strength. This is particularly important for those clients in wheelchairs or recovering from an injury.

Alice has started a cooking class once a month to help the clients prepare affordable and delicious meals that they can make at home. The clients are really enjoying the sessions.

Jude from NCHS Spiritual Health Program has started a weekly sing a long with the clients from CHSP and Guwardi. Everyone is loving learning new song and sharing old ones.



This year CHSP clients had a Christmas brunch cooked by Alice. It was a great day filled with fun, laughs and food but it wouldn't be Christmas without presents. All clients received a goodie bag filled with gifts to take home. A special thank you to all the other programs that came and helped out on the day.



CHSP is looking forward to growing and improving in all areas of the program in 2020 to deliver a high standard of services and care to the clients.

*Ryan Hickford, Caston Churchu
& Kayla Stack*

Maternal Health



The previous Maternal Health Promotion Officer, Laima, ran programs in the last 6 months which supported the health and well-being of both pregnant women, mothers, and their children. In January, Laima left NCHS to start her new career as a teacher. The team would like to thank her for all her hard work over the years and wish her well! The team at NCHS would like to welcome Sophie Hambley into the role as the new Maternal Health Promotion Officer.

Some of the regular programs included:

- 0 - 3 group every second Tuesday in Djugerari,
- 0 - 3 group every Wednesday in Wangkatjungka,
- Splash Time during terms 1 and 4,
- Pregnancy Pack deliveries around the Valley.
- Womans groups to get together and have a yarn.

The 0-3 groups at Wangkatjungka and Djugerari schools cover various health topics and provide a fun art and craft activity each week for both mums and bubs.

Splash Time commenced in October last year at the Fitzroy Crossing Pool. This is a facilitated swimming session for mums, dads and carers with children aged 0 to 4 years. Splash Time is a great opportunity for families to come together to cool off in the pool and for mums to relax and bond with their babies. Splash Time will start up again this year for 4 weeks in March. The sessions run on Thursday mornings from 9am till 10am. Bus pickups from Bayulu, Joy Springs and town will be available. If you need assistance with transport or would like more information, please contact Kaitlin or Sophie at Nindilingarri on (08) 9193 0093.

Pregnancy baby bundles provide antenatal health promotion education, as well as support to pregnant women. The women also receive a bag of goodies to assist with self care and to prepare for having baby. They are eligible for 3 bags per pregnancy and can ask the midwife for a referral. This is a great opportunity to have a yarn about healthy pregnancy and to check in with pregnant women.



Sophie is ready for an exciting 2021 in the Valley with these programs being continued and hopefully some new ideas to support our mothers and lililwans. To keep up to date with programs, 'like' the Nindilingarri Maternal and Child Health Facebook page. Please contact Sophie on 9193 0094 or mch@nindilingarri.org.au if you have any questions!



Sophie Hamblery

NINDILINGARRI

CULTURAL HEALTH SERVICES



**PO Box 59
Fitzroy Crossing
6765 W.A.**

Phone: (08) 9193 0093

Fax (08) 9193 0094

Web page

www.nindilingarri.org.au

