

FREE

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SWAMS NEWS

season of djilba



P: 1800 779 000

www.swams.com.au

August 2017



CELEBRATING NAIDOC

SWAMS brings culture, traditional language and a whole lot of community spirit to the annual Family Fun Day and Elders Luncheon.

STORY Page 3.



From the CEO



South West Aboriginal Medical Service CEO Lesley Nelson.

Kaya wandju. Hello and welcome. I would like to start by expressing my gratitude to those who coordinated or attended the SWAMS Family Fun Day and Elders Luncheon. It was heartening to see so many of you travel from near and far to join us in celebrating NAIDOC Week. This issue of SWAMS News marks one year since we launched our new-look newsletter incorporating the six Noongar seasons. We hope you enjoy reading it as much as we enjoy delivering it to you. The season of Djilba is a time of growth and transition for our people - just think of

the cold wet days giving way to clearer skies and an abundance of wildflowers. Growth and transition have also been hot topics at SWAMS lately, with the recent development of our five year Strategic Plan. This framework provides a platform for sustainable growth and will set us on the path towards achieving our core goals of good health care, good business and good leadership. As always, SWAMS is committed to ensuring a prosperous future and quality of life for the Noongar community. Until next time, stay healthy.
- Lesley Nelson



COVER:
NAIDOC Week 2017
wrap-up

P3



SWAMS photo
highlights from
Makuru

P4



SWAMS staff receive
mental health first aid
accreditation

P6



Dental health aware-
ness: Brushing for
better health

P7

No-fuss fudgy brownies

Makes 20 brownies

Ingredients:

- 1 cup mashed sweet potato
- 1/2 cup nut butter of choice (peanut or almond work well)
- 2 tbsp honey or maple syrup
- 1/4 cup dark cocoa
- handful of chocolate chips (optional)

Method:

1. Preheat the oven to 180 degrees and grease a small pan.
2. In a microwave-safe bowl (or on your stovetop) melt the nut butter with the honey or syrup.



3. In a large mixing bowl, add the mashed sweet potato, nut butter, maple syrup and cocoa powder and mix thoroughly (if using chocolate chips, stir them through now).
4. Pour the mixture into the pan and bake for 20 minutes or until cooked through.
5. Allow to cool before slicing.



NAIDOC Week family fun



L: Siah Stack (4) and Kaylarni Stack (3) help create a mural of the Aboriginal flag at the SWAMS NAIDOC Week Family Fun Day. R: Valerie Ugle with family members at the SWAMS Family Fun Day. COVER: Blayde Coomer trying his luck at the SWAMS Family Fun Day 'Didge Comp'.

Use it, don't lose it. This was the take-home message from CEO Lesley Nelson at the annual SWAMS Family Fun Day. Referencing the decline in traditional languages as highlighted by the 2017 NAIDOC Week theme 'Our Languages Matter', Ms Nelson strongly encouraged everyone in attendance to incorporate their traditional languages into every day life. "Quite simply, our languages do matter.

Our oral traditions, our stories and songs are what binds us to our cultural identity and history. Their value cannot be overstated", Ms Nelson said. "It is up to each and every one of us to ensure that we protect and cherish our languages for generations to follow." Approximately 750 people attended the Family Fun Day at the Bunbury Trotting Club. Activities on the day

included the Deadly Health and Jobs Expo, rock climbing, Zorbing, farm animals, crafts, and entertainment by local dance group South West Urban Movement. The event took place the day after the NAIDOC Week Elder's Luncheon, also hosted by SWAMS. Approximately 40 Elders from the community were treated to lunch and musical performance by Moombaki at the Bethanie Maali Centre in Bunbury.

SWAMS would like to thank everyone who attended and was involved in the running of both events. The feedback from those who attended has been overwhelmingly positive. "Supporting our community is at the heart of our business and you can expect to see more great events from SWAMS as our organisation continues to thrive in coming years", Ms Nelson said.



SWAMS staff Amelia Collard, Korrine Bennell and Amanda Wallam promoting NAIDOC Week to the community. Picture: Jon Gellweiler



Toby Eades and daughters Rebecca (7) and Gloria (3) at the SWAMS Family Fun Day.



Dennis and Wilma Jetta with SWAMS Board Member Ernie Hill at the NAIDOC Week Elders Luncheon.



SWAMS staff Jessica Watts, Amelia Collard and Natalie Jetta at the Elders Luncheon.



Charmaine Williams and grandson Cordae Bell (9) with their weaving creations at the SWAMS Family Fun Day.



Calendar of events



August 26-27

Step back in time at the Balingup Medieval Carnivale. Gates open 10 am. Tickets from \$20 (cash only). Children under 12 are free. Visit www.balingupmedievalcarnivale.com.au.



August 27

ECU South West Open Day at Edith Cowan University from 12 pm until 3 pm. Demos, talks, course advice, meet the lecturers and explore the grounds. For more info, visit www.ecu.edu.au/future-students/open-day.



Throughout August

For the month of August we will be promoting good oral hygiene at our SWAMS Playgroups. Using fun activities, we will be teaching the children about correct tooth brushing and healthy food choices. See page 7 for details.



September 3

Don't forget to treat your Dad to something nice this Father's Day! Maybe a batch of our fudgy brownies on page 2!



September 24

The streets of Collie are set to rumble with hundreds of motoring enthusiasts descending upon the town for the Collie Motorcycle Festival. From motorcycle training through to the highlight of the festival, the State Championship, there's heaps to do. Visit www.collierivervalley.com.au for more info.



Until November 14

Australia's premier destination film festival, CinefestOZ, attracts filmmakers, stars and visitors across the SW, including Bunbury, Busselton and Margaret River. The festival programme includes IndigifestOZ, which showcases quality Indigenous film works. Visit www.cinefestoz.com for more info.



Until 28 November

SWAMS' Heart Health Program *Koort Kaartijin* runs every Tuesday, 10 am - 2 pm at Bunbury PCYC. Morning tea and lunch is provided. Contact Elsie Penny at the SWAMS clinic on 1800 779 000.





Newly accredited SWAMS mental health first aiders (back row, from left): Lesley Nelson (CEO), Terrence Garlett, Amy Morton, Megan Watts. (Front row, from left): Amanda Wallam, Michelle Nelson-Cox (AHCWA Chair), Courtney Collard, Jane Nelson (Principal Instructor), Elsie Penny, Jenny Wallam, Sylvia Nelson (Facilitator).

Upskilling mental health

Eight SWAMS staff members have gained mental health first aid accreditation at a two day workshop delivered by South Australian training organisation Nunkuwarrin Yunti.

SWAMS CEO Lesley Nelson engaged principal instructor Jane Nelson after hearing her present at a conference in South Australia.

“I was moved by Jane’s passion for mental health, depth of experience and her connection to the Noongar community. She is a leader in this

field and I wanted our staff and community to benefit from her knowledge,” Lesley said.

“I strongly encourage CEOs across the state to train their staff in this valuable program. I believe it has the potential to change entire communities.”

Jane, who flew over from South Australia to deliver the course, believes education is key to building a strong and supportive community capable of tackling mental health issues.

“It is just so important to educate people and

give them the tools to recognise signs and symptoms and act accordingly,” Jane said.

“Service providers close their doors at 5pm, but mental illness operates around the clock. As a community, member you don’t have the luxury of closing your doors,” Jane said.

Lesley, who was among the course participants, echoed Jane’s words.

“We are in the midst of a mental health crisis and we need to have tools and knowledge to battle rising suicides and an array of mental health issues. The

community is crying out for more support in this area,” Lesley said.

The Aboriginal and Torres Strait Islander Mental Health First Aid programme is a two-day national qualification which provides the skills necessary to assist individuals facing mental health issues.

SWAMS now has twenty-three accredited mental health first aiders on staff and has been registered as a Gold Mental Health First Aid skilled workplace.

Brush for better health

Poor oral health is strongly linked to heart disease, stroke, diabetes, some cancers, kidney disease, and dementia. The good news is that most dental disease is preventable.

Tips for strong teeth

- Brush your teeth at least twice a day for two minutes, using a toothpaste containing fluoride
- Floss daily
- Eat a healthy diet and limit snacks in between meals
- Avoid tobacco

- use and alcohol consumption
- Replace your toothbrush every three to four months
- Schedule regular dental check-ups

Accessing treatment

Children attending school are entitled to a free school dental service. For locations, visit www.dental.wa.gov.au/clinics/locate.php.

Concession holders can access subsidised general and emergency treatment at the

public dental clinics in Bunbury (08) 9791 3661 and Busselton (08) 9753 6301.

The UWA School of Dentistry located at ECU Bunbury (08) 9780 7660 also offers subsidised dental treatment to eligible concession holders.

How SWAMS helps

In addition to providing basic oral assessment and information, SWAMS offers dental subsidies to eligible SWAMS members and their children.

Our staff can also give advice on accessing the \$1,000 child dental benefit scheme through Medicare.

For children requiring dental surgery, we are able to facilitate travel for children and their parents to Princess Margaret Hospital.



All smiles at playgroup

Throughout the month of August, SWAMS will be promoting good oral hygiene at its Withers, Carey Park and Brunswick Junction playgroups.

The children will learn how to brush their teeth correctly and identify healthy foods that promote oral health.

A range of other fun activities that

encourage good dental habits through play will be on offer.

Playgroup is a friendly and supportive place to interact with others while boosting your child’s social and emotional development.

Sessions cater for ages 0-5 years and run during school term.

For more information, contact SWAMS on (08)9791 1166.

South West AMS
August Playgroup

PLAYGROUP

AGES 0-5 YEAR OLDS

BRING A BACKPACK, WATER BOTTLE, HAT AND FRUIT

NEW ACTIVITIES AND GAMES EACH WEEK

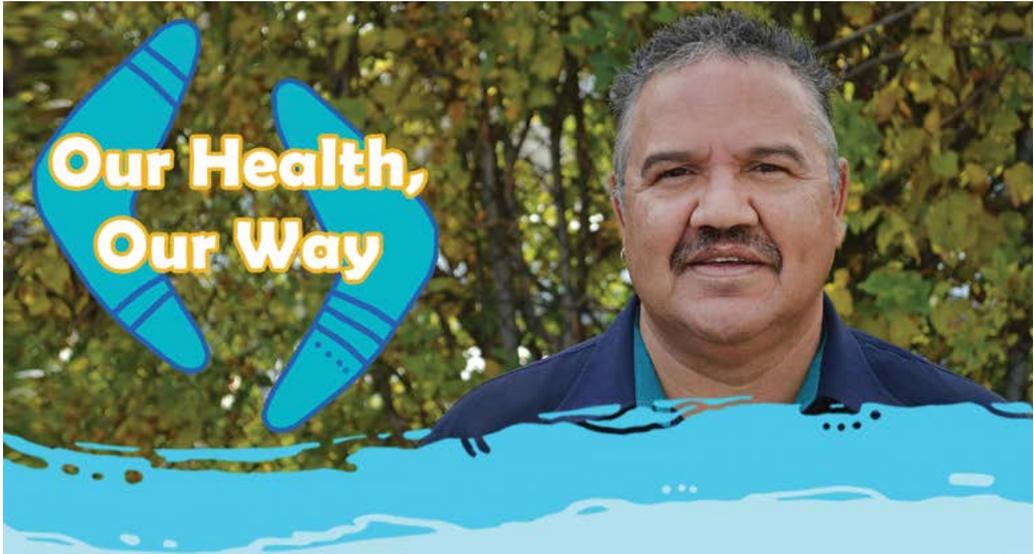
ALL FAMILY MEMBERS WELCOME

MONDAYS (transport available)
10am-12pm
Hudson Road Family Centre,
99 Hudson Road, Withers.

TUESDAYS
10am-12pm
Brunswick Community Resource
Centre, 1 Ridley Street,
Brunswick Junction.

WEDNESDAYS
10am-12pm
Parent and Early Learning Centre,
TA1, Carey Park Primary School,
Ecclestone Street, Bunbury.

For more information contact SWAMS on 1800 779 000.
For updates see our Facebook page.



Our Health, Our Way

The South West Aboriginal Medical Service supports Aboriginal health through tailored programs and services

Services:

- Doctors' appointments
- Aboriginal Health Workers
- Preventative health screening
- Dietician/nutritional services
- Immunisation
- Counselling

Programs:

- Antenatal and postnatal
- Child health
- Playgroup
- Chronic disease management
- Sexual and reproductive health
- Mental health

Plus:

- Bulk billing
- Patient transport
- Home visits
- Walk-in appointments
- Recall and reminder system

Bunbury clinic

Mon: 9.00 am-5.00 pm
Tues: 9.00 am-5.00 pm
Wed: 9.00 am-2.00 pm
Thurs: 9.00 am-8.00 pm
Fri: 9.00 am-5.00 pm

Unit 5/55 Forrest Avenue
Bunbury WA 6230

Phone: (08) 9726 6000
Toll Free: 1800 779 000
Fax: (08) 9791 7655

Outreach clinics

Brunswick
Tuesdays 10 am-12 pm
St John Ambulance, 1 Ridley Street

Busselton
Mondays, Thursdays 10 am-4 pm
Busselton Health Campus, West Busselton

Collie
Mondays 10 am-3 pm
Collie Hospital, Deakin Street

Manjimup
Thursdays 10 am-3 pm
GP Down South, Unit 7-8/30-32 Rose Street

Administration

Mon: 8.45 am-5.00 pm
Tues: 8.45 am-5.00 pm
Wed: 8.45 am-2.00 pm
Thurs: 8.45 am-5.00 pm
Fri: 8.45 am-5.00 pm

Unit 3/30 Wellington Street
Bunbury WA 6230
PO Box 1444
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Phone: (08) 9791 1166
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