

ARMA YARN

ISSUE 6 – November 2020

Nurses and Aboriginal Health Workers

are available

Monday – Friday

For all your Health needs:

- ❖ GP services
- ❖ Adult/Child Health checks
- ❖ Immunisations
- ❖ Flu Vaccinations
- ❖ Chronic Disease Care
- ❖ Drug & Alcohol Services
- ❖ Oral Health Services
- ❖ Sexual & Reproductive Health
- ❖ Mental Health Worker
- ❖ SEWB Services



INVERELL
Ph: (02) 6721 9777

ARMIDALE
Ph: (02) 6772 5258

GLEN INNES
Ph: (02) 6732 2563

TENTERFIELD
Ph: (02) 6736 5731



Ph: 1800 ARMAJUN



Armajun A.H.S.

- Inverell
- Armidale
- Glen Innes
- Tingha – Tuesday only
- Tenterfield –
RN/AHW/ Mental Health

*5 days a week
Monday – Friday
8.30am – 4.30pm*



C. E.O. REPORT

Debbie McCowen



2020 has been a long year and COVID-19 has caused us to impose a lot of changes to the way we provide services and restrictions on client access. I would like to take this time to thank everyone for their patience and help with complying to the restrictions we have had to place on clients during this difficult period. Hopefully authorities will be able to identify a vaccine for this disease, and life as we knew it will return to almost normal. In the meantime, please continue to take all necessary precautions to keep yourself, your families and friends safe.

The Armajun AHS Annual General Meeting was held on Saturday 17th October 2020. Thank you to everyone who made the effort to come along to the meeting.

The 2020-21 Board members are as follows:

- Ken Froome (Armidale)
- Kerrie Faiers (Glen Innes)
- Cheryl Duroux – (Tenterfield) new member
- Hilda Duncan
- Nyocca Morgan
- Lyn Lackay

- Ivan Lackay
- Miranda Morgan – new member
- Bernise Leece

Retiring Board Members were Ron Connors and Joyce Livermore. I would like to thank them for their commitment and support for Armajun over many years and we anticipate their continued involvement with Armajun through the Elders Group and Advisory Committee.

Armajun has been fortunate in gaining funding to assist people with disabilities to access services and the NDIS. If you or someone you know with a disability needs some advice, information or support please contact Peter Combo in Armidale on 67 725 258 (Peter covers the entire service area) and Barbara Caine (Inverell 67 219 777) is covering Inverell and Tingha with a special focus on children and young people.

Armajun now has an 1800 number (1800 ARMAJUN) so clients and the community will only need the one number to contact us. There will be a recorded message which will allow callers to select which site they want. We hope this change will assist the community to make contact with Armajun easier.

In July this year we entered into a funding Partnership with the Regional Australia Bank – people who have accounts with the Regional Australia Bank can now nominate Armajun AHS as their charity. By doing this it means that at the end of the Financial year Armajun will receive a payment which is equivalent to 1% of all of the funds held by the bank for clients who have nominated Armajun AHS.

Armajun AHS has also been added to the IGA Community Benefits program. That means anyone signing up for an IGA Community Benefits card (or phone app), can now nominate Armajun AHS as a beneficiary. The IGA Community Benefits Program donates 0.5% of all money spend in IGA by people using their Community Benefits card (or phone app). This benefit will be paid to Armajun on a monthly basis, and will be put towards providing additional health promotion and community education.

The new Building in Inverell is progressing well and the builders are on track to complete the build in February 2021. We will then need a few weeks to fit-out and test equipment to ensure everything is in working order prior to moving in. (See progression photos)





How to protect yourself and your family and community from Coronavirus (COVID-19)

Cough or sneeze into tissue or
Elbow (not in-
to your bare
hands)



Put tissues into
rubbish bin or
plastic bag



Wash your hands
well and often
with soap and
water.



Avoid crowds , touching your face
and touching people.



Anaiwan Cultural Collection Opening

Armajun CEO Debbie McCowen together with the Armajun Armidale Program Manager Debbie Green, attended the official opening of the Anaiwan Cultural Collection presented by Leanne Townsend. The event took place at the Uralla Information Centre. Distinguished guest included Adam Marshall (State Member for Northern Tablelands) & Barnaby Joyce-MP (National Member for New England) and the Mayor of Uralla Michael Pearce. Local Uralla Elder and Chairperson of the Armajun Armidale Advisory Committee Les Townsend gave an opening speech while Pam Meehan (Elder) gave the Welcome to Country.

A smoking ceremony took place followed by traditional dancers who entertained guests along with Anthony Green & Kathy Kelly who sang a few songs. Two young ladies from the Dhungutti tribe also performed songs both in the Dhungutti language as well as the English version. There was a good representation of community. Guests were invited to morning tea with members of the Uralla Community.

Sudoku Easy

6	9	3	5		7	1		8
				2	1	3		
					8		9	
				6		7	5	
9		6				8		4
	1	8		7				
	6		7					
		5	1	9				
3		7	4		6	9	1	2

Sudoku Medium

	7						2	8
			8	4	6		5	
		8		2		3		
							3	1
9			5	8	3			2
8	4							
		4		6		1		
	9		2	5	1			
6	8						9	

Inverell NAIDOC Celebrations

will be held on the Thursday 12th November 2020. Please see next page for flyer.

The theme for 2020 is: ***Always Was, Always Will Be.***

Always Was, Always Will Be. recognises that First Nations people have occupied and cared for this continent for over 65,000 years.



We are spiritually and culturally connected to this country.

Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists.

Australia has the world's oldest oral stories. The First Peoples engraved the world's first maps, made the earliest paintings of ceremony and invented unique technologies. We built and engineered structures - structures on Earth - predating well-known sites such as the Egyptian Pyramids and Stonehenge.

Always Was, Always Will Be. acknowledges that hundreds of Nations and our cultures covered this continent. All were managing the land - the biggest estate on earth
- to sustainably provide for their future.

ALWAYS WAS, ALWAYS WILL BE

 INVERELL COMMUNITY 

NAIDOC DAY

THURSDAY 12TH NOVEMBER
11AM - 12PM VICTORIA PARK

Traditional Smoking | Welcome Ceremony
Flag Raising | Local Guest Speakers
Poetry Reading | Yidaki Vibes



NAIDOC AWARDS



COVID -19 RESTRICTIONS

FENCED OFF AREA LIMITED NUMBERS - SIGN IN REQUIRED
HAND SANITIZER STATIONS WILL BE AVAILABLE
IF YOU HAVE BEEN TO A HOT SPOT &/OR HAVE SIGNS OR SYMPTONS
&/OR FEELING UNWELL PLEASE DO NOT ATTEND



NAIDOC WEEK

8-13 NOV 2020 #ITNAIDOC2020





Always Was,
Always Will Be.
8-15 NOV 2020

NAIDOC WEEK 2020



GOLF DAY



**Join us on the green for our
Annual NAIDOC Golf Day!**

FRIDAY 13TH NOVEMBER 2020

**Inverell Golf Club | Bundarra Rd
Breakfast 8am | Welcome Ceremony 8:30am
Tee-Off 9am (Shotgun Start)**

ALL PLAYERS MUST BE REGISTERED BEFORE TEE OFF

Includes: BBQ Breakfast, Green Fees, Lunch, Lucky door prizes

**Further information Contact Preston Connors
M. 0477 286 503 — E. preston.connors@det.nsw.edu.au**

**If you would like to Book a Cart or hire Clubs or Register
please contact Inverell Golf Club Phone: (02) 6722 1574**



**Always Was,
Always Will Be.**
8-15 NOV 2020

ART WORKSHOP FOR CARERS

Are you looking after a family member or friend with a disability, mental illness, alcohol or drug dependency, chronic condition, terminal illness or who is frail due to age?

Join us for a free Aboriginal and Torres Strait Islander art workshop that brings carers together to share their stories, create and celebrate the caring role in Aboriginal and Torres Strait Islander history and culture.

Two workshops available

11:30am – 2:30pm Wednesday 11 November 2020

11:30am – 2:30pm Thursday 12 November 2020

**At the Aboriginal Cultural Centre & Keeping Place
96-104 Kentucky St, Armidale**

**RSVP by Monday 9 November
to 0437 713 972
or kateg@carersnsw.org.au**



ARMIDALE & REGION
ABORIGINAL CULTURAL CENTRE &
KEEPING PLACE INC

Chronic Kidney Disease

Chronic kidney disease (CKD) is the presence of reduced/impaired kidney function lasting at least 3 months. The job of kidneys is to filter blood, remove waste, control fluid balance and keep the correct levels of electrolytes (regulate blood pressure, water balance, clean the blood and Vitamin D activation, an essential vitamin for strong bones, muscles and overall health). 1 in 10 Australians have CKD and 1 in 9 deaths in Australia has CKD as cause of death. Indigenous Australians are 5 times as likely to be hospitalized for CKD and 3.6 times as likely to die from CKD as non-Indigenous Australians. Indigenous Australians living in remote and very remote areas are 2.6 times more likely to have CKD.

Common causes of CKD are Diabetes mellitus, glomerulonephritis (an inflammation of the kidneys that can be inherited or follows infection) and hypertension. One in three people with diabetes develops kidney disease. The high blood sugar levels damage the blood vessels in the kidneys, stopping them from filtering wastes properly. Other factors that make some people more likely to get CKD than others include, heart failure, heart attack or stroke, being overweight, smoking and being 60 years or older.

Some symptoms of kidney damage are high blood pressure, changes in the amount, appearance and number of times urine is passed, blood in urine, puffiness in legs or around eyes, pain in the kidney area, tiredness, muscle weakness and cramps, loss of appetite, nausea, vomiting, difficulty sleeping, itching and breathlessness. Before getting any symptoms, some people lose up to 90% of their kidney function.

If diagnosed with CKD, regular check-ups with your doctor are necessary. Depending on the stage of CKD, treatment differs. In the early stages of CKD, treatment is focused on slowing the progress of the disease and reducing the risk of developing cardiovascular disease. For blood pressure control, the best way is to have no added salt in the diet, to carefully take prescribed medication. People with diabetes should monitor their blood glucose levels and stay within the targeted range. Leading an active, healthy lifestyle and maintaining a healthy weight also slows down the progression of CKD. The middle stages of CKD involve complications of bone disease and anaemia due to the increased levels of waste in the blood. In addition to the previously mentioned treatments, patients will now have to prevent and manage the complications of CKD, which may involve more frequent blood and urine tests and additional medications. In the end stage of CKD (kidney failure), the kidney function will have to be replaced by dialysis or transplant.

The best way to avoid CKD is to lead a healthy, active lifestyle and maintain a good diet, with reduced salt and sugar, to avoid smoking and maintain a healthy weight.

References

<https://www.aihw.gov.au/reports-data/health-conditions-disability-deaths/chronic-kidney-disease/overview>

<https://www.healthdirect.gov.au/what-causes-kidney-disease>

John Murtagh's *General Practice* / John Murtagh, Jill Rosenblatt. Edition: 6th edition. Chapter 31.

<https://kidney.org.au/>

Mozzarella Basil and Zucchini Frittata

Gluten Free, Low Added Sugars, Low Calorie, Low Carbohydrate, Vegetarian



Ingredients (Serves 4)

- 2 tsp extra virgin olive oil
- 1 ½ cups thinly sliced red onion
- 1 ½ cups chopped zucchini
- 7 large eggs beaten
- ½ tsp salt
- ¼ tsp freshly ground pepper
- ⅔ cup pearl-size or baby fresh mozzarella balls
- 3 Tsp chopped soft sun dried tomatoes
- ¼ cup thinly sliced fresh basil

Method

Heat oil in non-stick or cast iron skillet over medium heat. Add onion and zucchini and cook stirring frequently until soft 3 - 5 minutes

Meanwhile, whisk eggs, salt and pepper in a bowl.

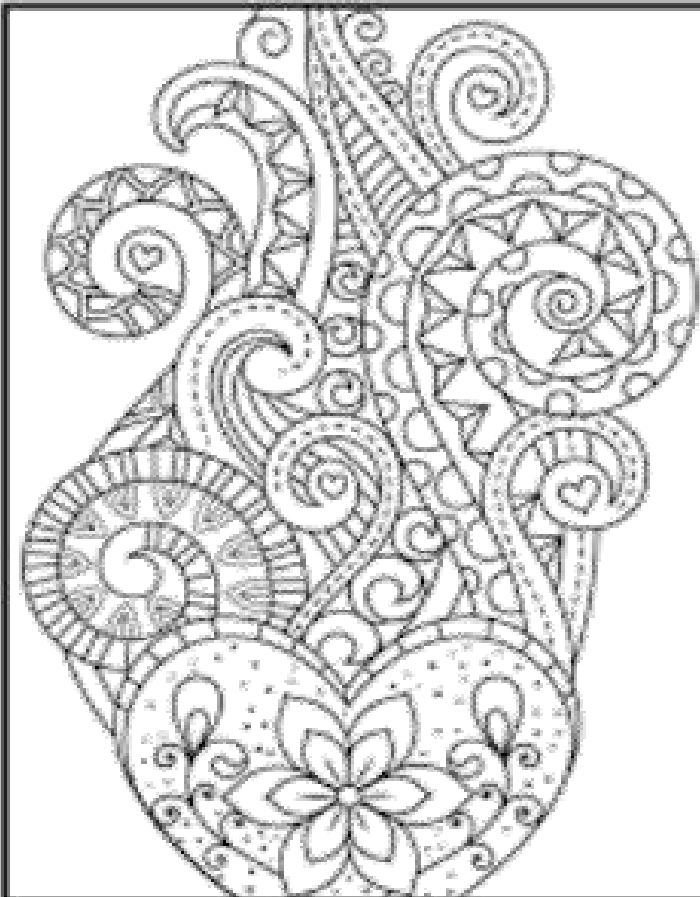
Pour the eggs over the vegetables in the pan.

Cook lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, approx. 2 minutes.

Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the grill (broiler) until eggs are slightly browned - 1½ minutes.

Let stand for 3 minutes. top with basil

To release the frittata from the pan - run a spatula around the edge, then underneath. Slide the frittata onto a cutting board, cut into 4 slices to serve.



COLOURING
IN CORNER



Cancer Council NSW offers information and support to all people affected by cancer.



Practical Support

Legal, Financial Planning, Workplace and Small Business referral services: Linking eligible people affected by cancer with volunteer professionals for free legal, financial planning, workplace and small business assistance, e.g. drawing up a will, accessing superannuation and insurance, debt management.

Financial Assistance and Home Help: \$350 assistance to eligible people for everyday essentials such as unpaid utility bills to help manage their immediate financial crisis, and \$350 towards cleaning, housekeeping and/or gardening.

Financial Counselling: Professional financial counsellors employed by Cancer Council who provide information, support and education to people affected by cancer about budgeting, managing debt and other financial issues.

Survivorship: Providing survivors with online webinars, face to face and telephone education on nutrition and exercise, and practical information about adjusting to life following cancer treatment. Designed to help survivors, carers and family members live well.

Cancer Council Information Services: Information Services within hospitals and treatment centres providing cancer related information, referrals to appropriate services and face-to-face emotional support.

Transport to Treatment: Providing transport to and from treatment centres, ensuring that people affected by cancer are able to attend their treatment sessions and follow up appointments.

Accommodation: Low-cost and reduced rate accommodation services for patients and their carers.



Emotional Support

13 11 20 Information and Support service: Health professionals who provide free and confidential information and support, and offer referral pathways for emotional and practical assistance.

Cancer Council Online Community: An online community where people affected by cancer and their carers, family and friends can give and receive peer support, available 24/7 at www.cancerCouncil.com.au/OC

Cancer Connect: Emotional support to people affected by cancer through matched connections with a person who has recovered from a similar cancer experience.

Cancer Support Group Leader Program: Face-to-face support groups with people in a similar situation, coming together to share information and experiences.

Counselling Program: Linking people affected by cancer with a professional counsellor or psychologist experienced in cancer issues, to reduce anxiety and distress associated with the impacts of cancer.

Telephone Support Groups: Phone based peer-to-peer support groups providing emotional support to people affected by life limiting cancers, their carers and people who are bereaved.



Cancer Information

Understanding Cancer Booklets and online Fact Sheets: Easy to understand, evidence-based information about individual types of cancer and different treatment types, as well as a range of emotional and practical issues. Also available as PDFs and ebooks to download from www.cancerCouncil.com.au.

Information Podcasts: The Thing About Cancer podcasts provide information and insights about issues faced by people affected by a diagnosis of early-stage cancer. Topics include coping with a cancer diagnosis, managing fatigue, and how cancer affects carers. The Thing About Advanced Cancer podcast is specifically for people who have a diagnosis of advanced cancer and their carers and families. Episodes explore what advanced is, finding hope and purpose, caring for someone with advanced cancer, and managing symptoms. Listen at www.cancerCouncil.com.au/podcasts or download to a smartphone or tablet using a podcasting app to listen to anywhere, anytime..

Webinars: Helpful topics for patients and carers to listen to, such as how to help someone with cancer, carer topics, managing pain, and talking to children about cancer.

Call **13 11 20** or visit **cancerCouncil.com.au**



Exciting News!

Armajun AHS is now registered with
Ritchies Community Benefit Program



Our Fundraising Partner Ritchies IGA, are launching their new Ritchies Card, incorporating the Community Benefit Program and this will not only benefit our organisation, but also all our members.

The program now has an App for both IOS and Android smart devices. For those members who don't have a smart phone, or would like a physical card, this option is also available and can be linked to the App.

Every month, Armajun AHS will receive 0.5%* of our members' spend in Ritchies Stores PLUS our members will receive special offers and member only specials via the App.

*T&C's apply see <https://www.ritchies.com.au/ritchiescardterms>

Featuring monthly promotions, cheaper prices for you, Collect and Win, as well as games and lots more fun things to do, this is a great opportunity to support our club.

You can download the Apps by scanning the QR codes below - or search for Ritchies in the Apple App Store or Google Play.

Monika Gentner
Finance Manager

The image displays a physical Ritchies Card and three smartphones showing the app's interface. The card is blue and white, celebrating 150 years of Ritchies (EST 1900) and features a portrait of Thomas Ritchie. The app interface on the phones shows various sections: "Saver Card" with a Nestlé Kit Kat offer, "Community" with a group photo and "COMMUNITY BENEFIT PROGRAM" text, and "Specials & Catalogues" with various food items and discounts like "1/2 PRICE".

BENEFITS:

- Supporting clubs, schools and charities made easy
- Special offers and savings exclusive to members
- Digital Ritchies Card with an easy-to-use app
- Free to join – start saving instantly

Not only are you helping your club, school or charity, you'll also get extra benefits.

Ritchies Loyalty

Join today

The Ritchies Community Benefit Program has been supporting clubs, schools and charities since 1993. Over \$50 million has been distributed to date.

- Nominate your favourite club, school or charity (more than 5000 to choose from).*
- Use the app every time you shop and Ritchies will reward a % of your spend to the organisation of your choice.*
- Monthly promotions, cheaper prices for you, Ritchies dollars, collect and win, as well as games and lots more fun things to do.*
- We will send you weekly specials, and our catalogues are on the app.



Download the
Ritchies App
and join today



#Terms and conditions apply.
See www.ritchies.com.au/ritchiescardterms

Download the App and register in 3 easy steps

- 1** In the Ritchies App, register by clicking on the Sign Up button. Complete the registration.
- 2** A verification email will be sent to the email address you register. Click the link in the email to activate your account.
- 3** Login to your newly created account to select your favourite club, school, or charity from the Community page.



You can also
use the Ritchies
Loyalty Card. Pick
one up in store and
link your card to the
Ritchies App

For more information please visit
www.ritchies.com.au/loyalty

Ritchies Stores Pty Ltd ABN 61 005 041 814

New Staff

- **Human Resource Coordinator** – Belinda Butler has taken on this role and is based in Inverell
- **Transitional Support Worker** (part-time) and **Youth Mentor** (part-time)- based in Inverell, Nathan Munro has returned to Armajun after working at a number of AMS services
- **Screeener – Inverell** - Natasha Munro has taken over this role from Myles Jerrard who has returned to university
- **Social & Emotional Wellbeing Counsellor – Glen Innes/Tenterfield** – Genevieve Elliott commenced on 26th October, and is working one day per week alternating between Glen Innes and Tenterfield
- **Community Connector Position** – to cover entire Armajun service area – Peter Combo will be based in Armidale and is commencing on the 9th November
- **Screeners – Armidale** – Janine Widders- Lockwood and Natasha Landsborough will be commencing as part time Screeners in Armidale from 9th November
- **Registered Nurse – Glen Innes** – Gretel Knight will be commencing on the 30th November

**GET YOUR
715 HEALTH CHECK
AND RECEIVE A
ARMAHEALTHY MOB
SHIRT**



BOOK YOUR HEALTH CHECK TODAY!
1800 ARMAJUN

**TO RECEIVE YOUR HEALTH INCENTIVE SHIRT
SIGN A P.L.P. REGISTRATION, COMPLETE YOUR 715 HEALTH CHECK,
COMPLETE ANY OUTSTANDING RECALLS AND OR FOLLOW-UPS,
THAT MAY BE DUE OR OVERDUE***

715 Health Check Incentive

Armajun Aboriginal Health Service encourages our Aboriginal and/or Torres Strait Islander community members to visit their local Armajun GP for a 715 Health Check.

The aim of the Aboriginal and Torres Strait Islander Health Check (MBS item 715) is to help ensure that Aboriginal and Torres Strait Islander people receive primary health care matched to their needs, by encouraging early detection, diagnosis and intervention for common and treatable conditions that cause morbidity and early mortality. The health assessment is an annual service and covers the full age spectrum.

Did you know?

- Having a yearly 715, Health Check is free and takes around 45-60 minutes to complete.
- The 715 Health Check has been tailored for Aboriginal and Torres Strait Islander people of all ages.
- Having your 715 will help you to manage your health and prevent chronic diseases.
- Having your 715 will also, give you access to additional bulk-billed Allied Health Services (including podiatry, physiotherapy, dietitians and more).

The Armahealthy Mob health incentives to choose from are a Polo Shirt available in 4 different colours or \$25 Fuel Voucher or \$25 Meat Voucher given to every eligible Armajun client who:

- Sign's a new 2020-21 PIP form
- Completes a 715 Health Assessment
- Completes any outstanding Recalls, Follow Ups, Tests GPMP, and Care Plan Reviews that may be overdue.



How to get your shirt?

Contact your local Armajun Health Service in Inverell, Armidale, Glen Innes & Tingha to make an appointment to have your 715 Health Check. Please let reception staff know that you would like to have a 715 Health Check and will require a longer appointment.

- You can have a 715 Health Check every 9-12 months.
- When you have completed your 715 Health Check and any Recalls, Follow Ups, Tests, GPMP and or Care Plan Reviews that maybe due or overdue, your GP will sign off that you have completed everything.
- Return your completed form to the reception desk for collection (If this form is not returned to Reception, you will miss your incentive)
- Once Armajun Head Office receive your completed form, we will contact you to arrange collection of your shirt. If you haven't been contacted by Armajun AHS, please give us a call on (02) 6721 9777 and ask for Margie McCormack

For any further information or assistance please contact Armajun AHS on 1800 ARMAJUN, or for more information about Aboriginal and Torres Strait Islander, health checks you can download the MBS Item 715 Fact Sheet




BEST LTD 

OPPORTUNITY PATHWAYS PROGRAM

Opportunity Pathways Program supports people in social housing to receive assistance with education, training, finding and keeping employment and increasing community engagement.

The program aims to give people the opportunity to break away from the social support system and into independent living.

Eligibility

To be eligible for the Opportunity Pathways Program participants need to be:

- 17 or older and meet the school leaving requirements; AND
- Living in public, community or Aboriginal housing; OR
- Receiving RENT Choice subsidies; OR
- An approved social housing application on the NSW housing register

BEST Employment can provide Person Centred Case Management to assist with:

- | | |
|--|---|
| <ul style="list-style-type: none"> ○ Coordinating services to assist with Barriers <ul style="list-style-type: none"> •Transport •Child Care •Clothing •Physical and Mental Health •Drug and Alcohol •Domestic Violence ○ Education and Skills <ul style="list-style-type: none"> •Vocational Training •Access to Tertiary Education | <ul style="list-style-type: none"> ○ Empowerment <ul style="list-style-type: none"> •Increased confidence & resilience •Life Skills (eg literacy, numeracy) •Ability to live independently ○ Pre-Employment Skills <ul style="list-style-type: none"> •Facilitating work readiness •Resume and Cover Letter •Job Searching Skills •Interview Skills •Facilitating Volunteer/Work Experience |
|--|---|

For more information or to register contact BEST Employment

Phone: 1800 660 660

Email: pathways@best.com.au

Aboriginal & Torres Strait Islander
Significant Dates



Sunday, 26 January—Australia Day ~ Survival Day

Thursday, 13 February—Apology Anniversary

Friday, 20 March—National Close the Gap Day

Friday, 20 March—Harmony Day

Tuesday, 26 May—National Sorry Day

Wednesday, 27 May—Wednesday, 3 June

National Reconciliation Week

Wednesday, 3 June—Mabo Day

Sunday, 5 July—Sunday, 12 July

National NAIDOC Week

Tuesday, 4 August—National Aboriginal and Torres
Strait Islander Children's Day (NATICD)

Sunday, 9 August—International Day of the
World's Indigenous People

WALK ABOUT BARBER



Support while you are away from home

www.friendlyfaces.info

The **Friendly Faces Helping Hands** website connects you, your carer and family with support during your stay in a city hospital.



Accommodation



Chemists



Cheap eats and supermarkets



Support workers



Parking and transport



Resources



**Friendly Faces
Helping Hands
Foundation**



Scan the QR Code with your phone's camera to visit the Friendly Faces Helping Hands website. Some phones may need a QR Code Reader App.

This initiative is supported by the Rural Health Network at the NSW Agency for Clinical Innovation

Visit www.friendlyfaces.info | Hotline 1800 014 234

Visiting Specialists & Clinics

Date	Inverell	Glen Innes	Armidale	Tenterfield
November 2020				
5 th		Mental Health / Counselling		
6 th	Eye Clinic			
11 th	Dietitian			
17 th		Eye Clinic		
19 th		Mental Health / Counselling	Eye Clinic	
20 th			Eye Clinic	
25 th	Dr Oakley		Podiatry Clinic	
30 th	Paediatric		Diabetic Clinic	

December 2020				
1 st	Paediatric			
3 rd		Mental Health / Counselling		
8 th		Dietitian		
9 th	Dietitian			
11 th	Podiatry Clinic			
15 th		Foot Clinic		
16 th			Podiatry Clinic	
17 th	Australian Hearing	Mental Health / Counselling		

Wednesday 23rd December 2020
 Armajun Closed for Christmas & New Year Holidays
 Monday 4th January 2021 Armajun Reopens

January 2021				
27 th			Podiatry Clinic	

February 2021				
12 th	Podiatry Clinic			
23 rd		Foot Clinic		

Upcoming Events



Health Awareness Calendar

Movember : Changing the face of Men's Health	All November
NAIDOC Week	8-15 November
NAIDOC celebration	12 November
NAIDOC golf day	13 November
Australian Food Safety Week	14-21 November
World Diabetes Day	14 November
World COPD Day	18 November
White Ribbon Day	20 November
Decembeard (Bowel Cancer)	All December
International Day of Persons with Disabilities	3 December
Heart Research Month	1-28 February
World Hearing Day	2 March 2021

Drug & Alcohol Team

Domestic Violence Program This program runs for 7 weeks and covers the topics of:

- what is respect,
- what is domestic violence,
- drug and alcohol education with a high focus on dependence,
- family tree,
- healing ceremony,
- assertiveness training,
- problem solving, conflict resolution
- and the last week is the award ceremony.

For information on dates, times and course location contact: Wayne Farmer ☎ 02- 6732 2563

Prison Pre-release Program - identifies needs & provides support to clients transitioning back into community.

For more information contact: Jim Parkinson

☎ 02- 6772 5258 Mob: 0447 562 452

Monthly Addiction Specialist Clinics

- Inverell - contact Carissa Dunn
☎ 02-6721 9777
- Armidale contact Jim Parkinson
☎ 02- 6772 5258 Mob: 0447 562 452

Armajun will be closed for Christmas
from 4.30pm on Tuesday 22nd December 2020
Re-Opening 8.30am on Monday 4th January 2021

*We would like to wish all of our clients and
the community a very Merry Christmas
and a safe, happy and healthy New Year*



**Don't forget to see your doctor to organise your
scripts before the Christmas closure**