

ARMAYARN

ISSUE 7 – April 2021

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



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

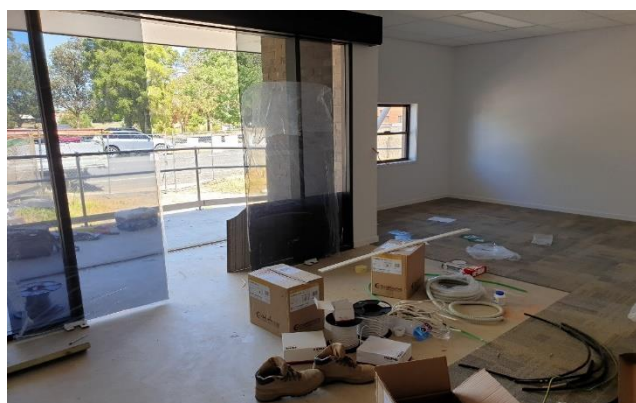
Debbie McCowen

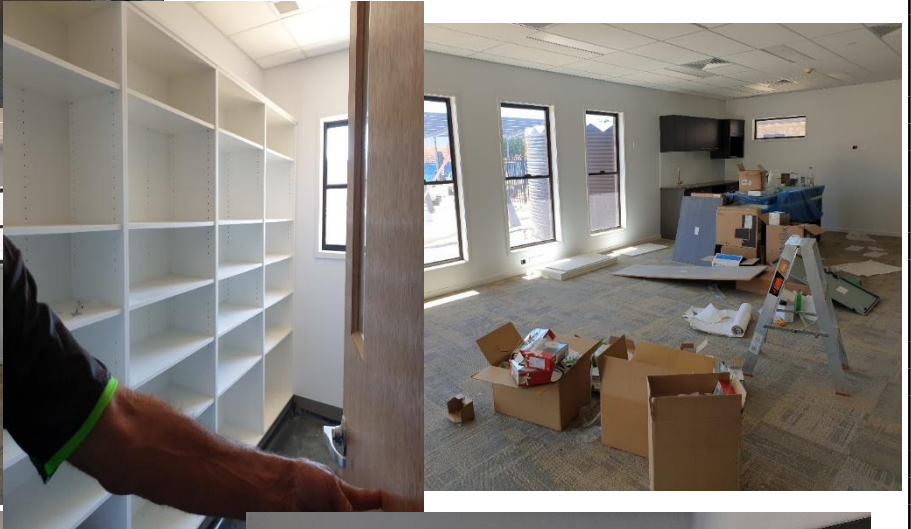


The new Armajun building in Inverell is nearing completion. It is hoped that we will be able to relocate into our new premises sometime in May 2021.

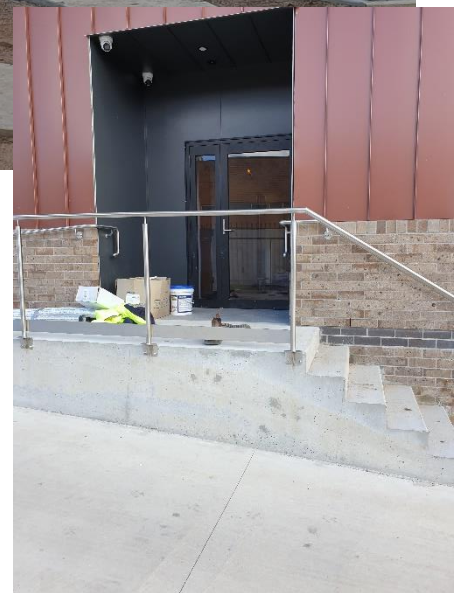
Below are a number of photos to help keep you informed on the progress to date.

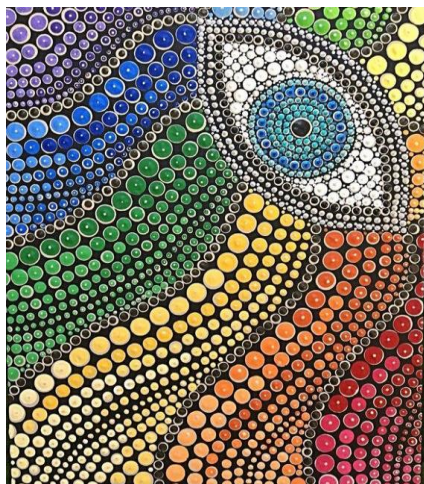
Photos taken mid-February – internal ground floor





External photos taken 31 March 2021





EMDR Therapy

Eye Movement Desensitisation and Reprocessing

The Social Emotional & Wellbeing / Mental Health Service
at Inverell Armajun Aboriginal Health Service
is providing EMDR Therapy.

Eye Movement Desensitisation and Reprocessing (EMDR) is a psychological therapy that is different to other therapies /counselling where change does not come from talking about your trauma but from the therapist using repeated bilateral movements, sounds & sights while you think about the memory.

Plagued by bad memories, which make you sad and affect your everyday decisions, impacts on your sleep and relationships then come and try this new therapy, which may provide relief, and help you move on from the trauma.

Clients of Armajun Aboriginal Health Service can book an appointment for EMDR Therapy with Meegan McSpedden by ringing reception on ph:6721 9777, no referral required.

Service is based at Inverell Armajun Aboriginal Health Service.

What is EMDR?

Eye Movement Desensitisation and Reprocessing (EMDR) is a psychological therapy that is different to other therapies /counselling where change doesn't come from talking about your trauma but from the therapist using repeated bilateral movements, sounds & sights while you think about the memory.

Memories can be painful.



EMDR can't make the traumatic memories disappear but can help you manage them better and take the high emotion attached to them away. Leaving you feeling better and being able to focus on the here and now.

MEMORIES BECOME DISTANT AND LESS DISTRESSING

How it works

EMDR works on using the natural healing power of your brain to process information, releasing emotional experiences that get trapped in the nervous system.

Feel stuck in your past?

What to expect

Come and have a chat to see if EMDR is the right therapy for you then the therapist will make sure you are prepared for any emotions the difficult memory may trigger before starting EMDR. During EMDR you will be asked to think about the difficult memory while bilateral stimulation is carried out to assist your brain in processing the memory to gain new insights and perspectives. Bilateral Stimulation is created by eye movements, audio beeps or hand held buzzers, seems too simple to work, but it does!

After EMDR

The troubling memories become more bearable and recalled as "Just something that happened" and easily believe "it's over". The high emotion has been replaced with a neutral feeling.

You may experience some left over emotion in the days following EMDR but it will resolve itself as the brain finishes processing the memory.

EMDR can take from one to multiple sessions to provide positive results depending on individual needs.

Want to try EMDR?

Clients of Armajun Aboriginal Health Service can book an appointment for EMDR Therapy with Meegan McSpedden by ringing reception on ph:6721 9777, no referral required.

Service is based at Inverell Armajun Aboriginal Health Service.

INVERELL ARMAJUN ABORIGINAL HEALTH SERVICE
EMDR (EYE MOVEMENT DESENSITISATION AND REPROCESSING) THERAPY
SOCIAL, EMOTIONAL AND WELLBEING / MENTAL HEALTH SERVICE.

Contact Armajun SEWB/MH Service on 67219777 to make a booking.
For Aboriginal people and their families.

ARMAJUN'S COVID-19 VACCINATION PROGRAM

Once Armajun AHS receives a supply of Astra Zeneca COVID-19 vaccines,(early to mid April) clients will be contacted individually and invited to attend an appointment to discuss and receive their COVID-19 vaccination.

The first people to be offered appointments will be Aboriginal people 55 years and older, anybody with a chronic disease, and non-Aboriginal Armajun clients 70 years and over. You are requested NOT to contact Armajun to make an appointment to get the vaccine.

ARMAJUN WILL CONTACT YOU to make the appointment.

Please ensure your contact details are up to date with us so we can contact you.

The appointment will be for the COVID-19 vaccination only.

Clients will need to make a separate appointment to see a Doctor for any other problems or scripts.

You will be given a 2nd appointment so you can receive your 2nd COVID-19 vaccination, this will be scheduled 12 weeks after your first vaccination.

The Flu Needle can only be given 14 days before, or 14 days after your COVID-19 vaccination.

COVID-19 VACCINATIONS ARE COMING TO ARMAJUN AHS

WHEN: COVID-19 vaccinations, are expected to arrive at Armajun AHS in mid-April 2021

WHERE: Vaccination clinics will be conducted out of the Armajun offices in Inverell, Tingha, Armidale and Glen Innes.

We will also, at a later date, organise for Armajun staff to travel to Tenterfield to provide COVID-19 vaccinations to clients living in and around the Tenterfield area.

WHY: Aboriginal and Torres Strait Islanders have a higher risk of getting and developing serious illnesses from COVID-19. Having the COVID-19 vaccination will not stop you from getting ill but it will:

- Reduce the seriousness of the illness, your risk of being hospitalised and the risk of dying from COVID-19
- Help to keep you and your family, friends and community safe from the effects of COVID-19

WHO: The first people to be offered an appointment at Armajun, will be:

- Aboriginal people 55 years and older,
- anybody with a chronic disease, and
- non-Aboriginal Armajun clients 70 years and over.

Armajun staff will contact individual clients to make a vaccination appointment.

Note: To get the full benefit of the COVID -19 vaccination, you need to receive a second dose. Therefore, you will also be given a 2nd appointment so you can receive your 2nd COVID- 19 vaccination. The 2nd appointment will be scheduled 12 weeks after your first vaccination.



COST - The Vaccines are FREE

CHOICE - The Vaccines are Voluntary



It is possible that in future, vaccination against COVID-19, might become a requirement to go to certain restaurants, or businesses, or for travelling to places in Australia and overseas.

It may also be a requirement for people working in certain high-risk jobs.

If people choose not to have a COVID-19 vaccination, that is ok.
It will not affect Family Tax Benefit Part A, nor their childcare fee assistance.

COVID-19 VACCINATIONS

What are the Side Effects?

Side effects can occur with any vaccination. The most common side effects from the COVID-19 vaccine are: muscle soreness; redness or swelling at the injection site; fever; headache

Serious side effects are uncommon.

Everyone receiving the vaccination will be observed by Armajun clinical staff for at least 15 minutes after vaccination to make sure they are well and not suffering from any serious side effects.

Can you get COVID-19 from the Vaccine?

NO – The COVID-19 vaccines DO NOT contain any live virus.

This means they cannot grow or cause COVID-19 infection. However, it is possible for a person to catch COVID-19 just before or just after being vaccinated, which will result in a positive COVID-19 test

Do I still need a Flu Shot?

YES – The COVID-19 vaccination does not protect against influenza.

You will however need to allow at least 14 days before, or 14 days after receiving your COVID-19 vaccination to have your Flu vaccination.

Armajun will have FLU Vaccinations available from 1 April

Do we need to keep Hand Washing and Social Distancing, even after Vaccination?

YES

The vaccines protect against severe disease but we don't know how well they stop us from catching a milder dose of COVID-19, even if we are vaccinated

We all still need to keep two big steps away from others, use good hand hygiene and if unwell stay at home and get tested for COVID-19 even if we are vaccinated



For MORE INFORMATION -

Talk to the Doctors, Nurses and Aboriginal Health Workers at Armajun.

CALL 1800 ARMAJUN

National Coronavirus Helpline operates 24/7, 1800 020 080

Fun **FREE** Outdoor



FITNESS CAMPS

No joining fees,
No class fees,
IT'S ALL FREE

STARTS TUESDAY 23RD FEBRUARY, 2021
VICTORIA PARK, 81 VIVIAN STREET
INVERELL

Have fun, Feel Fitter, Healthier and Happier



STARTS AT 5.00PM DAILY - RUNS FOR 45 MINS



MON, WED & FRI
X-TRAIN

TUES & THURS
BOXING



Proudly funded by



REGISTER TODAY TO BOOK YOUR SESSION
AND GET A FREE TAILORED NUTRITION PLAN

www.livelifeggetactive.com/locations

Healthy Recipe

Blueberry Oatmeal Breakfast Bars



Ingredients (Serves)

1 cup quick cooking oats
1 cup oat flour
2Tbsp brown sugar
½ tsp baking soda
½ tsp cinnamon
¼ tsp salt
3 eggs
½ cup almond milk
¼ cup coconut oil melted and cooled slightly
1/3 cup honey
½ tsp vanilla
1 cup blueberries

Method

- Pre-heat oven to 350 degrees F - 180 degrees C
- In a large bowl whisk together oats, oat flour, brown sugar, baking soda, cinnamon, and salt – set aside
- In a separate bowl whisk together eggs, almond milk, coconut oil, honey and vanilla, stirring until well combined
- Pour the wet ingredients in with the dry ingredients, mixing until just combined then fold in the blueberries
- Pour blueberry mixture into a prepared 8 x 8 inch baking dish and bake in the oven for 35-40 minutes, or until a toothpick inserted in the centre comes out clean
- Let the pan sit for 5 minutes then remove from pan and let cool completely on a wire rack. Slice into 16 squares (or 9 large bars) and enjoy



COLOURING
IN CORNER



Getting to know New Armajun Staff

Barbara Caine



Where are you from / who's your mob?

My mother was born in Moree and her parents were from Somerville near Tamworth her father a Maher and her mother an Ah Kong. My mob is Kamilaroi.

What is your role at Armajun?

I am the **Aboriginal Family Connector** and I am here to assist, support and advocate for families and individuals navigating the health system.

Why did you want to work for Armajun?

I have had a good working relationship with Armajun prior to coming to work for them. I have been impressed by their level of care, competence and professionalism all done with a sense of humour. I want to deliver an equally high standard of service to Armajun and the community.

Where do you see yourself in 12 months?

I see myself looking at the success of my service delivery by the positive client, family and community feedback. Looking forward to another 12 months with Armajun.

What do you like doing outside of work?

I read books, gardening, socialise with friends and family, movies and fishing.

Name any 3 people you would invite to your dinner Party?

Linda Burney, Kathy Freeman and Ash Barty.

Genevieve Elliott



Where are you from / who's your mob?

My maternal grandfather was Dunghitti

What is your role at Armajun?

Social and Emotional Wellbeing Counsellor – Glen Innes and Tenterfield

Why did you want to work for Armajun?

I could see a real need for mental health supports in the area and wanted to be in a position to provide real help for people

Where do you see yourself in 12 months?

Working for Armajun, hopefully 2 days per week with 12 months of added experience and trying to provide an even better service

What do you like doing outside of work?

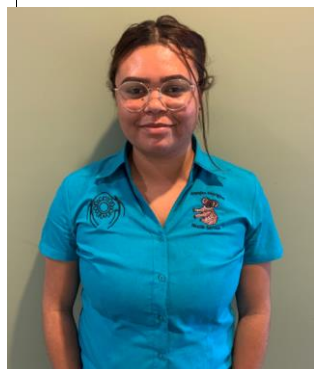
Lots of things – I'm a proud RFS member, wildlife rehabilitator, writer, public speaker, senior management of a child protection charity organisation

Name any 3 people you would invite to your dinner Party?

Archie Roach, Rachael Treasure, and Colin Seis

Getting to know Armajun Staff

Jodi Pitt



Where are you from / who's your mob?

- **Jodi** Armidale NSW – Anaiwan
 - **Janine** I'm a proud Anaiwan woman from Armidale
- **Anarla** Armidale , Moran, Archibald, Smith

What is your role at Armajun?

- **Jodi** I am an Aboriginal Health Worker
 - **Janine** Aboriginal Health Worker and Transport driver
- **Anarla** Screener and Administration Assistant

Why did you want to work for Armajun?

- **Jodi** I wanted to be part of giving back to my community and further my education in the health department
 - **Janine** To help my people and hopefully make a change in my community
- **Anarla** To help close the gap in Aboriginal people lives and to help them live longer and healthier lifestyle

Janine Widders

Photo not available

Where do you see yourself in 12 months?

- **Jodi** I see myself exceeding in my role and hopefully in gaining further qualifications
 - **Janine** I want to have saved some money so I can start university and hopefully get a house
- **Anarla** Hopefully working as an Aboriginal Health Worker at Armajun

Anarla Moran



What do you like doing outside of work?

- **Jodi** I spend time with my children and family. I enjoy playing sports and reading
 - **Janine** I love exercising and spending quality time with my family and friends
- **Anarla** Socialising with family and friends and sports

Name any 3 people, you would invite to your dinner Party?

- **Jodi** Michelle Obama, Lesley Vale (grandmother) and Cecilia McKenzie (mother)
 - **Janine** My best friends Chelsea and Liv and my mum
- **Anarla** My mother Tracey Smith, sister Fiona Moran and partner Jared Edwards

Family Healing Program



Cultural Healing is Family Healing

Armajun's Family Healing Program is available for Aboriginal &/or Torres Strait Islander peoples to provide flexible, individualised support and services that are responsive to the needs of clients experiencing Family Violence where there are numerous and inter-related complex issues to be managed and resolved.

Family Healing Program Supports?

- Individual & Family Support
- Probation & Parole
- DCJ (Docs)
- Varying AVO's
- Counselling Services
- Centrelink
- Housing



MONDAY–TUESDAY

Inverell/ Tingha

WEDNESDAY

Tenterfield/ Glen Innes

THURSDAY

Inverell/ Tingha

FRIDAY

Armidale

Who Can Access the Family Healing Program

- Must be Aboriginal &/Or Torres Strait Islander
- Family Violence present in the home or other locations
- Children involved or witnessing family violence
- Must be present, numerous complex and inter-related complex issues to be managed and resolved.



FAMILY HEALING CASE WORKER CONTACTS

Tabatha Jerrard

0437 790 328

tjerrard@armajun.org.au

Michael Duncan Jr

0437 063 944

mduncan2@armajun.org.au

Armajun Aboriginal



Health Service

The Family Healing Program

endeavours to achieve:

- A reduction in family violence,
- An increase in the safety of women and children,
- A reduction in physical and psychological abuse, neglect and trauma caused to children through exposure to and the experience of family violence in the home and local community,
- Improvements in the subjective safety of individual/families in the program leading to them feeling safer, more in control and less distressed, and
- Disruption of intergenerational cycle of violent behaviours caused by family violence.

Who Can Access the Family Healing Program?

- Clients Must be Aboriginal &/or Torres Strait Islander
- Family Violence is present in the home or other locations
- Children are involved or witnessing family violence
- There **MUST** be numerous other complex and inter-related issues present

For more information, contact

Tabatha Jerrard or Michael Duncan Jnr on 1300 ARMAJUN

📞 1300 – 2762586

Open Minded # Violence Is Violence # Cultural Healing Is Family Healing

DINE & DISCOVER NSW

The NSW Government has launched Dine & Discover NSW to encourage the community to get out and about and support dining, arts and tourism businesses.

NSW residents aged 18 and over can apply for 4 x \$25 vouchers, worth \$100 in total.

- 2 x \$25 Dine NSW Vouchers to be used for dining in at restaurants, cafés, bars, wineries, pubs or clubs.
- 2 x \$25 Discover NSW Vouchers to be used for entertainment and recreation, including cultural institutions, live music, and arts venues.

The vouchers:

- can be used 7 days a week, including public holidays
- can be used at participating NSW businesses that are registered as [COVID Safe](#)
- are valid to 30 June 2021.

How do I apply?

If you meet the eligibility requirements, you can [apply for Dine & Discover NSW Vouchers](#) online.

You will need:

- a MyServiceNSW Account.
- 2 proof of identity documents such as your NSW driver licence, Medicare card, Australian passport.
Note: the names must match on your documents.
- a mobile device (iOS or Android) to download the Service NSW app and use the vouchers.

If you do not have a mobile device or email address, or you're unable to apply online, you can call [13 77 88](#) or [visit a Service NSW Centre](#) to apply for the vouchers.

There is no cut-off date to apply for the vouchers and they can be used up until 30 June 2021.

How will I receive the vouchers?

If you're successful, you'll find them under the 'Vouchers' section of the Service NSW App, ready to use within an hour.

You'll also receive an email from Service NSW with the vouchers available to download and print.

For more information:

Visit a Service NSW Centre

or log onto - <https://www.service.nsw.gov.au/dine-discover-nsw-information-customers#using-the-vouchers>

INVERELL NAIDOC DESIGN OUR SHIRT



COMPETITION

Inverell NAIDOC Committee are calling on all local talented designers & artists of all age groups to submit a design that tells the story of this years theme:

HEAL COUNTRY!

The winning design will be rewarded with \$500 cash and shirt with your design printed on this years NAIDOC shirts.



To Enter The Competition

Send a photo of yourself and your artwork along with your Name,
Contact details and brief story explaining the meaning of your artwork to:

inverellnaidoc@gmail.com

(Please note: We do not need your original artwork unless you are selected the winner)

ENTRIES CLOSE FRIDAY 30TH APRIL 2021

Health Awareness Promotional Calendar

2 April Go Blue for Autism

- promotes awareness by encouraging everyone to wear blue

7 April World Health Day

- marks the establishment of the World Health Organisation (WHO)

11 April Work Parkinson's Day

- Parkinson's disease is a chronic progressive neurological condition that has a serious impact on an aging population, with 25 Australians diagnosed every day

13 April Wear Green for Premmies

- wear green to show your support for the 25,000 babies born prematurely in Australia every year

24-30 April World Immunisation Week

- Run by the WHO this event promotes the life-saving benefits of vaccinations for people around the world and of all ages

28 April World day for Safety and Health at Work

- This event aims to improve awareness of work related safety, accidents and disease

Drug & Alcohol Team

Narcotics Anonymous (NA)

meetings held every Monday between 1:00 and 2:30 at the Cooramah Centre in Glen Innes

For more information contact:

Wayne Farmer ☎ 02- 6732 2563

Monthly Addiction Specialist Clinics

- Inverell - contact Carissa Dunn
☎ 02-6721 9777
- Armidale - contact Lindon Strong
☎ 02-6772 5258

Yayaa Gamilaraay Yayaa Yuwaalaraay

English letter	a	b
Aboriginal Sound	ya	baa
Aboriginal Word	barran	balabalaa
English Word	boomerang	butterfly

SUDOKU

Easy

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

Hard

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

POSITION VACANT

Armajun Aboriginal Health Service

Grounds/Handy Worker – Full time

INVERELL

Are you interested in working with a proactive Aboriginal organisation?

Armajun is a progressive Aboriginal organisation offering best practice primary health care services to Aboriginal people.

Armajun is looking for a hardworking, All-Rounder with multiple skills to assist with handy jobs, gardening, general upkeep of the Armajun property and to assist with transport.

If this sounds like you, get in contact with us today!

Enquiries & Info Pack: Belinda on 67219777 or bbutler@armajun.org.au

Closing date: Wednesday 21st April 2021

This position is Aboriginal designated under Section 14 of the NSW

Anti-Discrimination Act (1977).

Zero Tolerance

Armajun AHS will not tolerate aggressive, offensive, violent or abusive behaviour.

This includes, but is not limited to:-

- Language that may cause someone to feel afraid
- Derogatory remarks and rudeness
- Inflammatory statements
- Threats or acts of violence
- Spitting

Anyone exhibiting the above behaviours towards staff or others in this service will be asked to leave.

Refusal to leave will result in the police being called

Specialist Clinics & Group Activities – April 2021

Day	Date	Inverell	Glen Innes	Armidale	Tenterfield
Mon	29 Mar		NA		
Tues	30 Mar	Exercise Physiology			
Wed	31 Mar				
Thur	1 st	Exercise Physiology		Elders Group	
Fri	2 nd	<div style="text-align: center;"> Good Friday - Armajun Offices will be CLOSED Easter Monday - Armajun Offices will be CLOSED </div>			
Mon	5 th				
Tues	6 th	Exercise Physiology			
Wed	7 th			Australian Hearing	
Thur	8 th	- Exercise Physiology			
Fri	9 th			Men's Group	
Mon	12 th		NA		
Tues	13 th	- Exercise Physiology			
Wed	14 th	- Dietitian - Black Sapphires		Psychology Clinic	
Thur	15 th	- Exercise Physiology - Speech Pathology			Podiatry Clinic
Fri	16 th	- Podiatry Clinic - Black Swans			
Mon	19 th		NA		Dietitian Clinic
Tues	20 th	Exercise Physiology	Dietitian Clinic	Armaabubs Group	
Wed	21 th	Dietitian Clinic		Women's Group	
Thur	22 th	- Exercise Physiology - Australian Hearing - Speech Pathology			
Fri	23 rd			Disability Group	
Mon	26 th		NA	LGBT Group	
Tues	27 th	- Exercise Physiology - Paediatric Clinic	Podiatry Clinic		
Wed	28 th	Dr Oakley		- Podiatry Clinic - Psychology Clinic	
Thur	29 th	Exercise Physiology			
Fri	30 th				

Armajun will be closed
Friday 2nd April and reopening on
Tuesday 6th April 2020 for the Easter break