

ARMAYARN

October 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



Armajun has finally made the move into our new building from the 28th June 2021. Works are ongoing with Inverell Shire Council completing the street parking and landscaping. We are planning on having an official opening in 2022 when COVID restrictions are lifted.

Armajun has been offering both AstraZeneca and Pfizer vaccination clinics at Inverell, Glen Innes and Armidale sites on top of our normal medical, dental and other support service operations.

Armajun has been conducting mass vaccination clinics in partnership with UNE Life, Healthwise and HNE Health in Armidale, Tenterfield, Tingha, Glen Innes and Inverell. Dates for these clinics are included further in this newsletter.

It was with great sorrow that we heard the news of the passing of Hilda Duncan – a former Armajun AHS Board Member, and respected Elder of the Inverell community.

Despite the additional work the onset of COVID-19 has placed on everyone, our Medical teams in Inverell and Armidale have continued to work towards achieving RACGP Accreditation. The Dental team are also working toward their re-accreditation with the National Safety & Quality in Health Care Standards.

Armajun has received advice that funding for our Community Connector positions will continue for another 12 months. These positions provide support to people with disabilities to access the NDIS and other services that maybe required if they don't qualify for the NDIS. Our workers for this program are Bonnie Walford in Armidale and Barb Caine in Inverell. Another new program will be our new Sexual Health Program. Laura Weatherall will be our Sexual Health Worker and will be based in Glen Innes. Laura will work closely with all Armajun team members to provide information, education and support to our clients.

We have seen two of our highly value long-term team members leave, moving onto the next stages of their lives:

- Dentist - Gerard Beekhuis spent the last 6 years at Armajun and has now semi-retired and moved to Queensland,
- Jenny Ryan was the D&A Manager and worked at Armajun for over 10 years, she now has her own Naturopathic private practice in Inverell

The Armajun Annual General Meeting will be held in late November/early December to ensure we can welcome all who want to come. This meeting will be held at our new building, 3 Rivers Street Inverell and will comply with the COVID-19 restrictions in place at that time.

Armajun will be closing for the Christmas Period on Thursday afternoon 23rd December 2021 and reopening on Tuesday 4th January 2022.

CODE CRACKER


21	6	16	1	15	14		8	1	7	24				
7	19	9	11	12		T	9	19		21	19	16	14	T
24		18		11	2	6	7	11	21	16		17		16
2	10	9	14	21		10	2	T		8	7	11	19	16
9		7		6	11	T		T	7	T		10		12
2	11	T	T	15		8		16		21	10	14	5	16
13			10		21	6	10	18	15		2			18
	21	9	23		7		19		16		2	10	13	
19			9		B	10	T	7	2		11			7
10	12	10	21	21		2		11		B	14	11	1	B
24		T		19	10	T		T	16	10		2		21
19	7	14	20	10		9	14	14		13	10	22	22	16
10		10		18	16	8	16	10	21	16		9		21
24	10	21	T	16		21	T	15		14	7	T	11	21

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
	W
K	X
L	Y
M	

In the Code Cracker, letters have been replaced by numbers. Each number represents the same letter throughout the grid. When you begin the puzzle, you will see that a few pre-determined letters have been given for you. Use these clues as a guide to deciphering the code. All words used are from the dictionary, and there are no proper nouns – so genuine problem solving!

Getting to know New Armajun Staff

There has been a number of new staff commencing work with Armajun over the past 5 months below is an introduction to some of them

<p>Jye Stokes Inverell</p> <p>Photo not available</p>	<p style="text-align: center;">Where are you from / who's your mob?</p> <ul style="list-style-type: none"> ➤ Jye - I'm from Inverell, my mob is from North Queensland and is called Birragubba. <ul style="list-style-type: none"> ➤ Kirralee – Armidale ➤ Maree — Taree (Biripi). <p style="text-align: center;">What is your role at Armajun?</p> <ul style="list-style-type: none"> ➤ Jye – Aboriginal Health Worker <ul style="list-style-type: none"> ➤ Kirralee – Aboriginal Health Worker ➤ Maree – Family Healing Case worker
<p style="text-align: center;">Why did you want to work for Armajun?</p> <ul style="list-style-type: none"> ➤ Jye - To connect with the community and learn more about Aboriginal culture <ul style="list-style-type: none"> ➤ Kirralee – To help our mob stay healthy ➤ Maree – To work with an Aboriginal organisation who can change people's lives for the better either for health, dental and/or through social services. <p style="text-align: center;">Where do you see yourself in 12 months?</p> <ul style="list-style-type: none"> ➤ Jye - Hopefully still here working with Armajun, buying a house, and getting AHW certification <ul style="list-style-type: none"> ➤ Kirralee – Working towards becoming a nurse ➤ Maree – Well established in my role within Armajun AHS and working in the community to make a positive and empowering difference to Aboriginal people. 	<p>Kirralee Crawford Armidale</p> <p>Photo not available</p>
<p>Maree Simon Inverell</p> 	<p style="text-align: center;">What do you like doing outside of work?</p> <ul style="list-style-type: none"> ➤ Jye – spending time with my family <ul style="list-style-type: none"> ➤ Kirralee – Enjoying the outdoors ➤ Maree – Attend markets, coffee shops, BBQ's, meeting up with friends and family and short and long trips traveling around with my caravan with my miniature fur babies Pomeranians. <p style="text-align: center;">Name any 3 people, you would invite to your dinner Party?</p> <ul style="list-style-type: none"> ➤ Jye – Jenna Hodges, Dylan Breen & Bailey Simpkins <ul style="list-style-type: none"> ➤ Kirralee – Dad, Nan & my brother ➤ Maree – Linda Burney, Evonne Goolagong Cawley & Tom Hanks.


Getting to know New Armajun Staff

Bonnie Walford Armidale Photo not available	Where are you from / who's your mob?
	➤ Bonnie - Armidale, Aniawan / Hungutti • Emma – I was born in Moree and my mob is the Kamilaroi tribe. ➤ Roslyn – Yass NSW, Maiden Name – Pollard, Married - Thorncroft
	What is your role at Armajun?
	➤ Bonnie - Community Connector ➤ Emma – Aboriginal Health Practitioner ➤ Roslyn – Enrolled Nurse
Why did you want to work for Armajun?	
➤ Bonnie - I got a passion for supporting and assisting my mob ➤ Emma – I heard there was job going here and decided on a sea change. ➤ Roslyn – I have been working in the Kimberly's for 10 years alongside the Aboriginal people (loved it)	Emma Dargin Inverell Photo not available
Where do you see yourself in 12 months?	
➤ Bonnie - having a permanent job ➤ Emma – not sure ➤ Roslyn – With Armajun still, hopefully	
Roslyn Thorncroft (Ros) Inverell Photo not available	What do you like doing outside of work?
	➤ Bonnie - Socialising with family and friends and watching football ➤ Emma – Spend time with my family ➤ Roslyn – Gardening, fishing, family time, 4x4 driving and photography
	Name any 3 people, you would invite to your dinner Party?
	➤ Bonnie - carol Green, children and grandchildren ➤ Emma – Sandra Bullock, Jason Momoa, Chris Hemsworth (hahah) ➤ Roslyn – Ron Perlman, Charlie Hunnam, Katey Sagal cast of 'Sons of Anarchy'

Getting to know New Armajun Staff

Nannali Harding Inverell Photo not available	Where are you from / who's your mob?
	<ul style="list-style-type: none"> ➤ Nannali - Ashford, Inverell ➤ Helen – Born in Wollongong NSW, recently moved from Condobolin ➤ Maria - I was born I Moree, But have family both in Inverell & Moree
	What is your role at Armajun?
	<ul style="list-style-type: none"> ➤ Nannali – Screening Officer & Client Transport ➤ Helen – Registered Nurse ➤ Maria - Receptionist

Why did you want to work for Armajun?	Helen Jeffers Inverell Photo not available
<ul style="list-style-type: none"> ➤ Nannali – Working for Armajun, offering my services and helping the Aboriginal community ➤ Helen – After many years working in NSW Health and Private Practice I decided to have a different engagement in GP land ➤ Maria - To give me more experience and knowledge of how to work in this industry- 	
Where do you see yourself in 12 months?	
<ul style="list-style-type: none"> ➤ Nannali – Still working for Armajun and achieving higher services for the Aboriginal community ➤ Helen – Still working for Armajun ➤ Maria - Hopefully knowing a lot more than I do now 	

Maria Saunders Inverell 	What do you like doing outside of work?
	<ul style="list-style-type: none"> ➤ Nannali – Gardening and spending time with family and friends ➤ Helen – Walking the dogs, gardening. seeing friends and family ➤ Maria - Hanging with friends, adventuring outdoors
	Name any 3 people, you would invite to your dinner Party?
	<ul style="list-style-type: none"> ➤ Nannali – Dwayne 'The Rock' Johnston, family, children ➤ Helen – Adam Liaw, Jessica Mauboy & Ray Martin ➤ Maria - My Partner, Mum and Dad

Other new staff who have commenced since May 2021 are:

- Alliera Felix - Administration Inverell
- Pamela Kennedy - Registered Nurse Armidale
- Jaclyn Vale - Administration Armidale
- Gina Shepherd - Aboriginal Health Worker Armidale
- Tracey Stiles - Aboriginal Health Worker Armidale
- Sharna Sheather (returned) - Administration Armidale
- Freida Boney - Aboriginal Health Worker Glen Innes
- Holly Cutmore - D&A Coordinator Glen Innes
- Jim Parkinson (returned) - D&A Coordinator Armidale

Single-use and reusable cloth masks both help to prevent the spread of COVID-19, if used correctly

Face masks should

- fit securely around the face
- be designed or made to be worn over the nose and mouth to provide the wearer with protection against infection.

Single-use masks

Use masks made with a non-woven, melt-blown polypropylene layer.

Don't use masks with holes or a valve, as you will breathe out the virus if you have COVID-19.

The main value of wearing a mask is to protect other people.



You can buy single-use masks from reputable retail outlets including chemists, supermarkets and other shops.

Reusable cloth masks and face coverings

Cloth masks are effective in reducing transmission of COVID-19 to other people when they are made and worn correctly.



Many retailers, community organisations and individuals also sell reusable cloth masks.

To ensure adequate protection, cloth masks should have at least 3 layers of fabric:

1. The outer layer should be a water-resistant polyester or polypropylene fabric such as a reusable supermarket bags (not plastic) or exercise clothing
2. The middle layer should be high-grade cotton (such as bed sheets), polycotton (such as quilting fabric or a t-shirt)
3. The inner layer should be high-grade cotton (such as bed sheets) or polycotton (such as quilting fabric or a t-shirt).

You will need more than one reusable mask as cloth masks are less effective when damp. Cloth masks should be washed after each use or at least daily. Reusing a cloth mask without washing it can lead to self-contamination and infection of the person wearing it.

The information provided on this page has been sourced from

<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/face-masks/types-of-face-masks>

Armajun Health Service Aboriginal Corporation
Indigenous Corporation Number: 8278
Trading as: Armajun Aboriginal Health Service

COMPLETED DEVELOPMENT
1 RIVERS STREET, INVERELL
AUGUST 2021





NEW ENGLAND MAX VAX CLINICS!

These are drop-in, Pfizer COVID vaccines clinics, No bookings are necessary, priority is given to Aboriginal and Torres Strait Islander communities, over the age of 12, within the clinics LGA.

Locations & Dates:

All Pfizer Clinics open from ⌚ 9.00 am to 3.00 pm ⌚



- ⊕ **Armidale**, Minimbah School Sports Hall, 1-15 Galloway St, Armidale NSW 2350
 - Thursday 7th October 2021

- ⊕ **Glen Innes**, Cooramah Cultural Centre, New England Highway, Glen Innes NSW 2370
 - Friday 1st October 2021
 - Friday 22nd October 2021

- ⊕ **Inverell**, Linking Together Centre, 17 Wattle Place, Inverell, NSW 2360
 - Friday 8th October 2021
 - Friday 29th October 2021

- ⊕ **Tingha**, Town Hall, Ruby St Tingha NSW 2369
 - Thursday 30th September 202
 - Thursday 21st October 2021

- ⊕ **Tenterfield**, High School MPU, 89 High St, Tenterfield NSW 2372
 - Thursday 14th October 2021



Please ensure you have your Medicare card on the day, Remember to social distance, wear a mask and follow the NSW Government's rules and regulations at all times. Don't forget to bring a hat and water bottle.

TRANSPORT AVAILABLE FOR ABORIGINAL FAMILIES (NEED TO BOOK)

By calling the number on the flyer for your local Armajun Health Service or
FREE CALL on 1800 ARMAJUN - Follow the prompts to select location

Armajun GP's, Nurses, Aboriginal Health Workers and HNELHD staff will be present on the day to answer any questions queries.

To stay up to date with clinics information please follow Armajun and @unelife2351 socials for live updates on the day 😊

Please note, these clinics are a collaboration with vaccines provided by Armajun Aboriginal Health Services, facilitated by UNE Life for the University of New England. Supported by HNE Health LHD.
#keepingourcommunitysafe





Pfizer Max Vax Clinic



GLEN INNES



Friday 1st October 2021

Cooramah Cultural Centre, New England Hwy

BEST/ 9.00am—3.00pm

These are drop-in, Pfizer COVID vaccines clinics, priority is given to Aboriginal and Torres Strait Islander communities, over the age of 12, within the clinics LGA.

No bookings are necessary.

Ensure you have your Medicare card on the day, Remember to social distance, wear a mask and follow the NSW Government's rules and regulations at all times.

Bring a hat and water bottle.

TRANSPORT AVAILABLE FOR ABORIGINAL FAMILIES



Health Hunter New England Local Health District

(02) 6732—2563



Please note, these clinics are a collaboration with vaccines provided by Armajun Aboriginal Health Services, facilitated by UNE Life for the University of New England. Supported by Hunter New England LHD



Pfizer Max Vax Clinic



INVERELL



Friday 8th October 2021

Linking Together Centre, 17 Wattle Place

BEST/ 9.00am—3.00pm



These are drop-in, Pfizer COVID vaccines clinics, priority is given to Aboriginal and Torres Strait Islander communities, over the age of 12, within the clinics LGA.

No bookings are necessary.

Ensure you have your Medicare card on the day, Remember to social distance, wear a mask and follow the NSW Government's rules and regulations at all times.

Bring a hat and water bottle.

TRANSPORT AVAILABLE FOR ABORIGINAL FAMILIES



Health Hunter New England Local Health District

(02) 6721—9777



Please note, these clinics are a collaboration with vaccines provided by Armajun Aboriginal Health Services, facilitated by UNE Life for the University of New England. Supported by Hunter New England LHD



Pfizer Max Vax Clinic



TINGHA



Thursday 21st October 2021

Tingha Town Hall, Ruby St

BEST/ 9.00am—3.00pm



These are drop-in, Pfizer COVID vaccines clinics, priority is given to Aboriginal and Torres Strait Islander communities, over the age of 12, within the clinics LGA.

No bookings are necessary.

Ensure you have your Medicare card on the day, Remember to social distance, wear a mask and follow the NSW Government's rules and regulations at all times.

Bring a hat and water bottle.

TRANSPORT AVAILABLE FOR ABORIGINAL FAMILIES



Health Hunter New England Local Health District

(02) 6721—9777



Please note, these clinics are a collaboration with vaccines provided by Armajun Aboriginal Health Services, facilitated by UNE Life for the University of New England. Supported by Hunter New England LHD



Max Vax Clinic's

Armidale

Thursday 7th October 2021

Minimbah School Hall, 1-15 Galloway St

9.00am—3.00pm

These are drop-in, Pfizer COVID vaccines clinics, priority is given to Aboriginal and Torres Strait Islander communities, over the age of 12, within the clinics LGA.

No bookings are necessary.

TRANSPORT IS AVAILABLE FOR ABORIGINAL FAMILIES PHONE:

(02) 6772-5258



Health Hunter New England Local Health District



Please note, these clinics are a collaboration with vaccines provided by Armajun Aboriginal Health Services, facilitated by UNE Life for the University of New England. Supported by Hunter New England LHD

Healthy Recipe

Popcorn Rocky Road



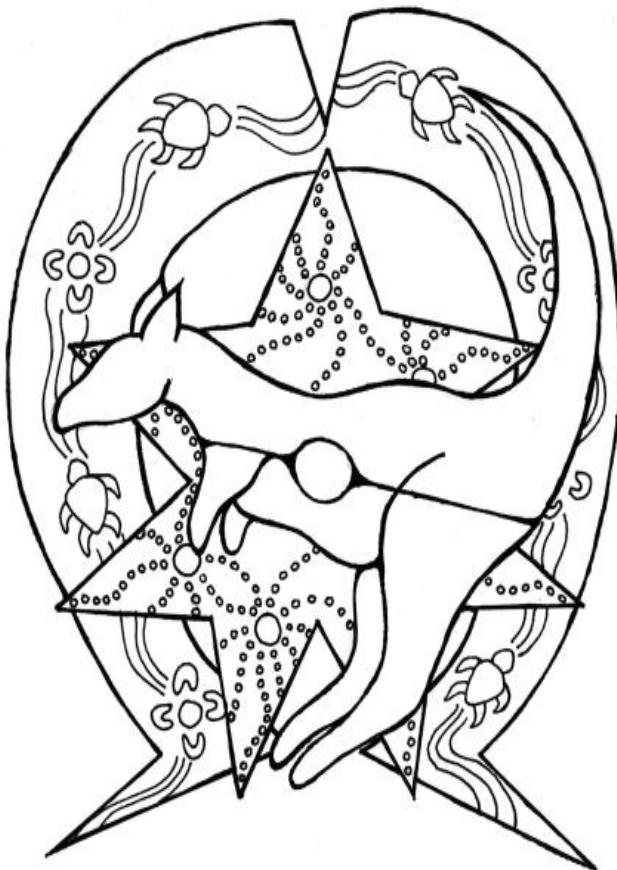
Method

- Line a 30x15cm slice tin with baking paper
- Place popcorn in a food processor and pulse until roughly chopped. Remove and set aside
- Place apricots and cranberries in a good processor and pulse until finely chopped, Transfer to medium mixing bowl
- Add chopped popcorn and remaining ingredients, and stir well until combined
- Press mixture into slice tin and allow to set
- Slice to serve

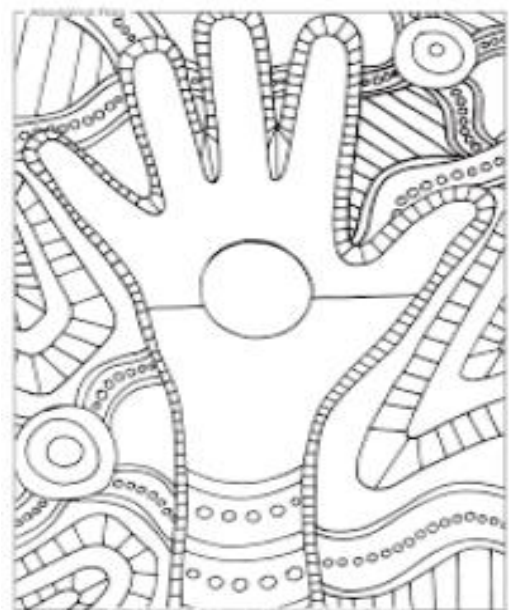
Ingredients

- ½ cup desiccated coconut
- ½ cup almonds, roasted, finely chopped
- 1 cup hulled tihini (alternately you can use an almond nut butter)
- ½ cup cranberries
- ¾ cup dried apricots
- 4 cups plain unsalted popcorn
- 2 tbs honey

(Tihini is a natural sesame spread)



COLOURING
IN CORNER





LOOKING AFTER OURSELVES - OUR WAY

Focus on what makes you strong during the coronavirus outbreak



SPIRITUALITY

Think about our ancestors' strengths and where we have come from. Remember, our ancestors are always with us



COMMUNITY

Check in with Elders and friends. Call them and help each other out - from a distance!



COUNTRY

There are ways of connecting to Country and nature even when we are not able to visit. Google 'Dadirri' for an example



FAMILY

Check in with your household, family and kin. If you can't see them in person, call them and ask 'R U OK?'



CULTURE

Do what you can to keep culture strong and let culture keep you strong. Connect to Elders, stories, learn language, paint or dance



BODY

Eat well, exercise and cut back on smoking to help protect your lungs



MIND

Check in with yourself and ask others how you seem. Notice if you're sad, angry or worrying too much, or for changes in the way you do things



Gayaa Dhuwi (Proud Spirit) Australia is the new Aboriginal and Torres Strait Islander wellbeing and mental health leadership body. For more tips and resources see

gayaadhuwi.org.au

If you need to talk to someone

NACCHO	Online list of Indigenous health services and contact details	Google NACCHO , click Members menu tab
Beyond Blue	Free, confidential - speak to a mental health professional.	1300 22 46 36
Lifeline	Free, confidential 24-hour crisis support telephone service.	131 114
Kids Helpline	Free, confidential support line for young people ages 5 to 25	1800 551 800
e-headspace	Free, confidential online support for young people	Google eheadspace
1800 - RESPECT	Free, confidential 24/7 support - assault, family violence, abuse	1800 737 732



COVID-19
VACCINATION



Ambulance Fee Exemption for COVID related transport.

You will be exempt from paying an Ambulance Fee for the following:

- Any Person who has had an adverse reaction to a COVID-19 vaccine
- Any person who receives an invoice from NSW Ambulance and their reason for treatment and/or transport is related to COVID-19

Patients who receive an invoice can contact NSW Ambulance on 1300 655 200 to request an exemption. An exemption can be lodged online – please login with your invoice number and follow the prompts.

More info can be found here: <https://www.ambulance.nsw.gov.au/our-services/accounts-and-fees/exemptions-from-nswambulance-fees>



KEEP OUR
MOB SAFE

BE COVIDSAFE



Armajun Groups, across all locations,
will re-commence from 11th October 2021
and will be run in line with NSW COVID-19
Safety Guidelines

contact your local Armajun Aboriginal Health Service
about group activities

FREE CALL on 1800 ARMAJUN - Follow the prompts to select location

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 on 1300 ARMAJUN

📞 1300 – 2762586

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

Health Awareness Promotional Calendar

❖ Breast Cancer Awareness Month

❖ Mental Health Month

4-10 October Mental Health Week

- The aim is to raise awareness of the importance of mental health and wellbeing in the wider community, to increase community awareness and education about mental health issues and to encourage participation in life-enhancing lifestyles

12 October World Arthritis Day

- Brings arthritis sufferers together and gives them a voice to be heard.

14 October World Sight Day

- Aims to raise public awareness on blindness and low vision, providing an opportunity to educate people more about the causes of blindness and preventative measures.

21 October Headspace Day

- is about ensuring young people have access to mental health services no matter where they live in Australia.

1-31 October October

- encourages people to give up alcohol for the whole of October.

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	i	ll
Aboriginal Sound	Yi	yii
Aboriginal Word	bigibila	giidjaa
English Word	echidna	ant

English letter	l	M
Aboriginal Sound	Yalaa	maa
Aboriginal Word	Gilaa	Maliyan
English Word	galah	eagle

English letter	n	Ng
Aboriginal Sound	Yanaa	Nguu
Aboriginal Word	Wubun	Nguu
English Word	bue tonged lizard	paperbark

SUDUKO

Hard

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

Easy

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

Specialist Clinics & Group Activities – October 2021

Group activities will only happen if Lockdown has been lifted

Day	Date	Inverell	Glen Innes	Armidale	Tenterfield
Mon	27 th August		NA	LGBT Diabetes Educator / Dietician	
Tues	28 th	Exercise Physiology		Dental	
Wed	29 th				
Thur	30 th	Exercise Physiology		Dental	
Fri	1 st Sept				
Mon	4 th				
Tues	5 th	Exercise Physiology		Dental	
Wed	6 th				
Thur	7 th	- Exercise Physiology		Dental Elders Group	
Fri	8 th			Men's Group	
Mon	11 th		NA		
Tues	12 th	- Exercise Physiology	- Dr Oakley	Dental Women's Group	
Wed	13 th	-			
Thur	14 th	- Exercise Physiology - Speech Pathology		Dental	
Fri	15 th	- Podiatry Clinic			
Mon	18 th		NA		
Tues	19 th	Exercise Physiology		ArmaBubs Group Dental	
Wed	20 th	Dietitian Clinic - Black Sapphires			
Thur	21 st	- Exercise Physiology - Australian Hearing		Dental	
Fri	22 nd	- Black Swans		Disability Group	
Mon	25 th		NA	LGBT Group - Diabetes Educator / Dietician	
Tues	26 th	- Exercise Physiology		Dental	
Wed	27 th	Dr Oakley			
Thur	28 th	Exercise Physiology		Dental	
Fri	29 th				