

MACCHS NEWSLETTER

APRIL 2022



Our Vision:

Moorundi is seen as a national leader, setting the benchmark for health and wellbeing services, and this reputation inspires funding.

We envision providing a safe place of healing and being a focal point for people to access health services that incorporates the Spiritual, the Cultural, the Social, the Emotional, the Mental and the Physical.

The health services are based on trust and respect. The safe space of healing we will provide focuses on broader wellbeing, including preventative health measures and not only on clinical care.

Our Mission:

Holistically improve the health and wellbeing of our community from a cultural perspective and ensure that those in need can easily access health services needed when they need them.

For Moorundi, holistic health includes looking at all aspects of health, in all life stages.

Within this mission we share how we view the health services we provide, in that central to our health is our culture. There are three key interconnected ways of being for the Ngarrindjeri people. Our Culture, Our Community and Our Ruwe (Land). They cannot be separated.

We want:

- the community to be able to take control of their own health,
- to deliver services in the way the community would like them delivered; and
- to respond to all their health needs.

Our Values:

Culture, Community and Yarlumar Ruwe are at the forefront of everything we do. This incorporates being:

Welcoming and Inclusive

Every person who walks through the door to get health services will feel like they belong and are connected with their community and with their health service. Ngarrindjeri Ruwe has many Aboriginal and Torres Strait Islander language groups who live, work and have families here. All are welcome at Moorundi.

Respectful

We will be respectful to everyone, no matter who you are, no matter where you come from, and no matter what concerns you may have. Every person has the basic human right to be respected. In return we ask for respect to be shown to us.

Understanding and Non-Judgemental

Moorundi as an organisation and individuals within it will always seek to understand you and your families. We will support you; we will not judge you based on your situation or any health care need and we will work to dispel stigma associated with your situation.

Trust and Honesty

Will be honest with our communications with you. We will deliver the health service that you expect and treat you with the respect and concern. We will treat your confidential information with care, and we will adhere to the Australian Privacy Principles.

Proud of who we are

We acknowledge the traditional custodians of the lands within our catchment area. We are proud of all the Indigenous groups we support. We will take pride in everything that we do and always work to deliver our service to the highest quality standard that our community expects from us.

Our Goals and Objectives:

Bringing Community Together

Our first goal which is central to all the other goals is bringing community together. We cannot deliver health services merely from a clinical care perspective. The health of our community depends on the health of our culture which depends on the health of our lands. When our culture is not well, then our community is not well. We are strong when we are together and not well when we are disconnected. Ensuring that we, as part of our community, are focused on the health and wellbeing of our community and our culture will ensure improved health outcomes for all Aboriginal and Torres Strait Islander people on Ngarrindjeri Ruwe.

Quality, integrated and holistic health services

Our second goal is to deliver quality, integrated and holistic health services to ensure an improvement in the health outcomes for all Aboriginal and Torres Strait Islander people on Ngarrindjeri Ruwe.

Quality means that we will deliver services to the expectations of all industry service standards and to our own standards and the standards expected by the community.

Integrated means that we will work with and connect to the health and support services available on Ngarrindjeri Ruwe to ensure that we ascertain the best services available for our people.

Holistic means that we will listen to what our clients say about their overall health, their situation and their environment and look at different ways to achieve better health which encompasses health determinants.

Growth, Partnerships & Opportunity

Our third goal is to grow our organisation, our service and our infrastructure to support the two ambitious goals of Bringing Community Together and Quality, integrated and holistic health services. Moorundi is now an established organisation with a solid track record of service delivery.

In order to reach these goals, and to improve the health outcomes for all Aboriginal and Torres Strait Islander people on Ngarrindjeri Ruwe, we need to grow and expand to ensure our longer-term sustainability.

We recognise we cannot do this alone, and so, we need to establish long lasting and trusting relationships with our partners. We also need to be prepared and responsive to opportunities that present.

Clinic Team

Diabetes Educator Information

The local catchment area in Murray Bridge, South Australia, has a significant Aboriginal and Torres Strait Islander population, and the rates of diabetes are high. Being a regional area, timely access to Credentialed Diabetes Educators is limited.

Moorundi ACCHS identified this gap and Luke McKenzie, our Chronic Disease Coordinator reached out to Diabetes SA for assistance.

Moorundi has partnered with Diabetes SA to have a Credentialed Diabetes Educator visit once a month to provide culturally appropriate consultations and education about diabetes.

We have had a number of successful clinics in Murray Bridge and have plans to provide this service at Raukkan and Victor Harbor in the near future.

Together, we hope to improve the management of diabetes for Ngarrindjeri people.

Farewell to Dr Naomi



We would like to thank Dr Naomi for her passion and dedication to Moorundi and the Ngarrindjeri Community.

Dr Naomi has been an incredible asset to Moorundi and specifically the client group in Raukkan and the Southern Fleurieu.

We wish her all the best for the future and hope she visits when she can.

Welcoming Dr Jerry

We would also like to wish Dr Jerry Wong a warm welcome to the Moorundi family. Dr Jerry will be working at the Victor Harbor clinic each Monday beginning the 9th of May.

He will also be working with the Victor Harbor Hospital and will be on call. It is unlikely, but it may be if an appointment is cancelled at short notice, it will be because he is called away to deliver a baby!



Clinic Team

COVID-19 Response

In March, The Riverland Mallee Coorong Local Health Network met with CEO Steven Sumner and Raukkan Community Council Member Lyticia Weetra to present them with a plaque to acknowledge the high level of quality care Moorundi ACCHS and the Raukkan Community Council provided in response to the COVID-19 outbreak in Raukkan.

Our clinical team worked tirelessly throughout the outbreak all whilst maintaining Moorundi's other Clinical Commitments.



COVID-19 Vaccination Clinic's

Since January, we have held a number of Vaccination Clinic's in Murray Bridge, Raukkan and Victor Harbor.

A large percentage of our community have now been full vaccinated against COVID-19.

New Remote Area Nurse

We welcomed Bronwyn Reagan in January who is the Remote Area Nurse in Raukkan every day Wednesday.

Moorundi News

Administration Trainees

In March we welcomed two new friendly faces to the Admin Team at Wharf Road, Murray Bridge.

Phoebe Kartinyeri and Courtney Rigney are working full-time and may be seen across our sites while they complete their traineeship.



Aboriginal Health Fair Day x Fit and Deadly Futures Fun Run

On the 1st of May, Moorundi and Fit & Deadly Futures collaborated with the Murraylands Runners and Walkers Group to bring community a running event to start off the Aboriginal Health Fair Day.

Fit & Deadly Futures is a program ran by the Chronic Disease Coordinator and Health Promotion Officer.

An 8 week running program was delivered in the lead up to the Fun Run Event (pictured left), where community were able to train for a distance of their choice (3km, 5km or 10km).

This program was delivered within a private Facebook group and reached a total of 88 members.

Community Engagement and Wellbeing

National NAIDOC Award Nominations

The Social and Emotional Wellbeing Team have created a post pandemic social and emotional wellbeing resource kit and since have been nominated for the 2022 National Education Award and the 2022 National NAIDOC Innovation Award.



Deadly Nannas

The Deadly Nannas performed at the Fringe Festival again this year and provided an amazing performance as always!

New Mental Health Clinician

Zane Gunter is our new Mental Health Clinician and is now taking referrals. Zane has previous experience working as a Remote Area Nurse all over the country and also as a Drug and Alcohol Counsellor.

He loves working with people to help achieve their goals and if they don't have any, helping them to discover them.

Collaborations

The SEWB Team are working closely with Elders and Uni SA to produce an educational video for nursing students about palliative care.

Headspace Murray Bridge is also working together with the SEWB Team and The Station Murray Bridge to create a reconciliation rap and survival day song with young community aged 12 - 25 years old.

Ngarrindjeri Formal Language Class

On the 5th of May, Ngarrindjeri Formal Language class will begin and will run throughout Term 2.

Po:rlar Ka:ngkun Tainkuwalun

New Community Engagement Worker

Nekia Wilson joined the PKT team in January, as the Aboriginal Community Engagement Worker.

Nekia has and will be working closely with Aunty Ros in each play group at all locations. You can view the play group calendar on the next page.



Parent's & Po:rlar New Class added to the calendar



PKT has joined forces with The Nungas Gym to bring community the opportunity to participate in gym classes while their po:rlar (children) are entertained with PKT activities.

Some photos from this year so far!



MONDAY

Meningie RSL
10 AM - 11:30 AM

Returning on
28th of March!



Returning on
17th of March!

WEDNESDAY

Moorundi Wharf Road
10 AM - 12 PM

THURSDAY

Raukkan
10:30 AM - 12 PM

TUESDAY

Goolwa Primary School
12 PM - 1:30 PM

FRIDAY

Nungas Gym
Parent's Class at 11am



**Murray Bridge
Playgroup**



**Parent's Class
Nungas Gym**

May Event Calendar

With the quiet start to the year due to COVID-19 restrictions, we are excited to bring community a month filled with programs and events for all ages.

Please keep in mind safety precautions such as hand washing and staying home if you're feeling unwell.

May 01

**Fit & Deadly Futures Fun Run &
Aboriginal Health Fair Day**

9 AM - 2 PM at Sturt Reserve

Weaving, Feather Flowers & Reiki

9:30 AM - 3 PM at Victor Harbor Clinic

**See flyer for Reiki appointment times

May 04

May 11

Australia's Biggest Morning Tea (#1)

10 AM - 12 PM at Victor Harbor Clinic

Australia's Biggest Morning Tea (#2)

9:30 AM - 11:30 AM at Murray Bridge Golf Club

May 19

May 23

Meningie Pamper Day

10 AM - 3 PM at Meningie RSL Hall

ALLIED HEALTH DATES



GIVE US A CALL TO ARRANGE YOUR
NEXT APPOINTMENT TODAY ON



1800 023 846

Dietitian

13th May Murray Bridge

10th June Murray Bridge

Optometrist

27th May Murray Bridge

14th June Raukkan

24th June Murray Bridge

29th June Victor Harbor

* Please be aware that these dates may be subject to changes, calling and arranging your appointment is essential *

