



FEBRUARY 2024

MACCHS NEWSLETTER



www.moorundi.org.au



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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 clinical care.

Our Values

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

Welcoming and Inclusive

Respectful

Understanding and Non-Judgemental

Trust and Honesty

Proud of who we are

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, 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.



Po:rlar Ka:ngkun Tainkuwalun Team

The PKT/TOCS Team hosted activities throughout the January School Holidays. Providing opportunities for po:rlar to connect, learn and have fun. It was great to see community come together each week and a big welcome to our new families that participated in our events.



What is Po:rlar Ka:ngkun Tainkuwalun?

PKT supports families with children aged 0 – 7 years. The program services the Murray Bridge, Southern Fleurieu and Coorong regions. This is an outreach based and family focused service. In a friendly environment the program provides an opportunity for Aboriginal families/caregivers to learn about the role that childhood development plays in school readiness. The program supports Aboriginal families, with pre-school children, to prepare for engagement with, and attendance at school.

Weekly Timetable

Tuesday

Goolwa
12.30pm-2pm

Thursday

Standen Street Office
9.30am-1pm

Wednesday

Fraser Park Primary School
1pm-2.45pm



Social & Emotional Wellbeing

The Social and Emotional Wellbeing Team is also known as *Tumbetun Namawi mi:wi* which means Healing Our Spirit & offers services such as:

- Mental Health Counselling
 - Yarning Groups
 - Community Engagement
 - Holistic Health (focusing on emotional effect)
 - Alcohol and Other Drugs Counselling
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Turn up Tuesdays

Join us each Tuesdays at Wharf Road for a cuppa and a yarn, Where you can connect with Elders and members of our community, we welcome you to share your ideas & activities you would like to see during our Turn up Tuesday's group.



Photo: Bobbie-Jo Williams, Emma Jackson, Zane Gunter & Diana Murphy.

Yarning group

Rebuild, Rebirth, Refresh

(Women's group)

Join us each Mondays at Wharf Road.

Upcoming dates:

4th March 2024

11th March 2024

18th March 2024

25h March 2024

More dates to be advised.

For further info please contact Emma on 1800 023 846.

MASH update:

MASH is back each Monday, starting from February the 19th.

MASH stands for **Meningie Aboriginal Self Help.**



Bobbie-Jo Williams

Bobbie-Jo has recently completed her Diploma of Narrative Approaches for Aboriginal people (Counselling, Group and Community work) 10772NAT through Nunkuwarrin Yunti of South Australia. The course took 2 years to complete. Congratulations Bobbie- Jo on becoming a fully qualified Narrative Therapist.



New Staff



We would like to welcome Gordon Rigney Snr & Gerald Rigney to the team!

Gordon is the new Aged Care Support Coordinator who will enable Elders and older people to access appropriate local aged care support services.

Gerald is the new Aged Care Support Connector. He will be working with Community to help Elders and older people, their families and carers to access the aged care services they are entitled to.

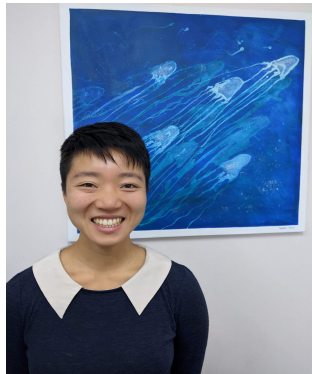


Clinic News

New Staff

We welcomed Dr Naomi Wall back to the Victor Harbor Clinic on January 16th. Appointments are available Monday and Tuesday of each week.

Dr Joy Cheng will be joining our Murray Bridge team at Wharf Road each Thursday and Friday, starting February 15th.



New Staff

We would like to welcome Thomas Pearson to the team. Thomas is our new Aboriginal Health Worker - Trainee. He will be based at the Wharf Road Clinic.



Have you had your annual Health Check?

The ever so popular health t-shirts are available in the colour black.

What does a 715 check provide?

A Health Check can help you and your GP better understand your health, and prevent health issues from becoming worse by identifying them early on.

It is important to stay up to date with your health check, even if you're feeling well.



Integrated Team Care

Our ITC Team provides support to client's who are living with chronic disease.

ITC is designed to help you take control of your chronic disease so you can better enjoy your life. Chronic disease highly contributes to the mortality gap between Aboriginal and Torres Strait Islanders and other Australians.

To be eligible for ITC, you must:



Be Aboriginal and/or Torres Strait Islander.



Live in the regions of Adelaide Hills, Fleurieu Peninsula, Murray Malle, Coorong and Kangaroo Island.



Be living with, or at risk of developing a chronic condition that requires ongoing assistance to manage and prevent further illness.

Closing the GAP Conference

The team attended the " Closing the GAP Conference" In Melbourne back in December, which was a great opportunity to make some new networks and find out more about what is happening in other states.



Photo: Luke Mckenzie, Nikki Smith, Diana Murphy, Karen Cooper & Dorothy Kartinyeri.

New Staff

We would love to welcome Catherine Warren to the ITC team filling in Nikki's role as Indigenous Health Project Officer, until end of June 2024. She will be based down Victor Harbor on Mondays, Tuesdays & Wednesdays if you need any assistance please reach out.



Please come along for a cuppa and yarn with the ITC Team

Keep your eye out for dates in Meningie/Murray Bridge/ Victor Harbor about "what is ITC" and how can we help you self - manage your chronic condition.

We want to hear from you?

FEEDBACK

Please help support us and our program by providing feedback.



Chronic Disease Management (CMD)

The Chronic Disease Management program has assisted over 100 community members join The Nungas Gym.



1 Complete your 715 Health Check at Moorundi.

All community members are required to complete a 715 Health Check with one of our Aboriginal Health Practitioners and GP.

2 You will be referred to the CDM Program.

The GP will send your referral to our Chronic Disease Coordinator who is able to arrange a program if necessary and yarn to you about your health and fitness goals.

3 This is the final step and you receive your key.

Once the Chronic Disease Coordinator receives your referral, you will be called to arrange a time that suits you to tour the gym and receive your own key that allows 24/7 access.

Admin & Business Enabling Team

New Staff



We would like to welcome our new Trainee Emma Argent-Butler to the Admin & Business Enabling Team. Emma will be based at the Adelaide Road office Mon- Fri.

Moorundi has always had exceptional service, from their GPs, Administration to their drivers. Thank you for providing us with great staff and help with all our medical and transport needs.





Compared to other medical centres and doctors I have visited in NSW before I moved here your service has definitely gone above and beyond to help me and hubby.

We will always appreciate your dedication to community and all your clients.



MOORUNDI

*Aboriginal Community Controlled
Health Service Ltd.*

Moorundi Aboriginal Community Controlled Health Service Ltd. (ACCHS) deliver a comprehensive range of primary health care services to their communities.

Contact

Moorundi Aboriginal Community Controlled Health Service Ltd.
124 Adelaide Road, Murray Bridge SA 5253
Free call: 1800 026 846

This newsletter is available on our website
www.moorundi.org.au