



FEBRUARY 2023

# MACCHS NEWSLETTER



[www.moorundi.org.au](http://www.moorundi.org.au)



<https://www.facebook.com/moorundiACCHS>





## 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 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, 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.



FEBRUARY 2023

# Po:rlar Ka:ngkun Tainkuwalun Team

The PKT Team hosted activities throughout January, providing opportunities for po:rlar to connect, learn and have fun. It was great to see our PKT families each week whilst also welcoming new families to the program.



## What is Po:rlar Ka:ngkun Tainkuwalun?

PKT supports Aboriginal families with children aged 0 – 7 years. The program services the Murray Bridge 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

### Monday

Meningie  
10:30am

### Tuesday

Goolwa  
12:30pm

### Wednesday

Murray Bridge  
10:00am

### Friday

Victor Harbor  
10:30am  
(fortnightly)





# Social & Emotional Wellbeing

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

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



## MASH UPDATE

Please know that the venue for MASH has changed and will now be held at the Meningie Uniting Church located at 2 Princes Hwy, Meningie SA.

MASH stands for Menginie Aboriginal Self Help and is hosted alongside the Menginie Playgroup each Monday.

## Ngarrindjeri Photography Project Launch

On the 4th of February, the Moorundi PKT team attended the launch of 'A Digital Keeping Place' by the Ngarrindjeri Photography Project (NPP).

This launch is a significant event for Ngarrindjeri history and we are pleased to know that many members of our community were able to attend.

The morning began with a Welcome to Country performed by Harley Hall, and then everyone was invited to have the first look at the digital archive which was led by Aunty Ellen Trevorrow and Rebecca Richards.

Following the demonstration, everyone stayed for a yarn over lunch, whilst listening to two well known performers from our community - Bec Gollan and Isaiah Janiak. The Ngarrindjeri Photography Project (NPP) is a community owned and controlled digital archive to preserve photos, stories and history.

For details on how to access the Digital Keeping Place, please contact [ngarrindjeriphotographyproject@gmail.com](mailto:ngarrindjeriphotographyproject@gmail.com)





# Clinic News

## Murray Bridge Relocation (Temporary)

Our clinic team made a quick-thinking decision on our very last working day of 2022 to relocate back to our previous Standen St location due to the rising floods risks.

Clinic is operational as per usual with:

**Dr Sheree Hunt:** Mon (9am-5pm),

**Dr Jodi Hunt:** Tues-Wed (9am-5pm) and Thurs (9am-2pm).

## Raukkan

With the departure of our Remote Area Nurse at the end of 2022, we have allocated an Aboriginal Health Practitioner (AHP) and Registered Nurse (RN) to attend Raukkan every Wednesday to provide continuity of care to community.

Both Dr Jerry Wong (Monday) and Dr Sheree Hunt (Tuesday) will continue to provide GP services once a month.

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## New Staff

Welcome to our new Registered Nurse, Melissa Rumbelow. Melissa comes to MACCHS with vast experience in General Practice, Aged Care and Skin Cancer Clinics. Melissa will be working 0.6 FTE across our Victor Harbor, Murray Bridge and Raukkan locations.

## Foot Health VR Training:

Our clinic staff (AHPs, AHP Trainees and RNs) are participating in a trial Foot Health education program with South Australian Health and Medical Research Institute (SAHMRI) via virtual reality (VR). MACCHS joins two other Aboriginal Community Controlled Health Services in this trial, Ceduna (Yadu Aboriginal Health Service) and Port Augusta (Pika Wiya).

The aim of this training is to upskill and equip our clinicians with the knowledge and capabilities to provide comprehensive foot health assessments, with a specific focus on improving the diagnostic process of diabetes-related foot complications (DRFCs) within community.

## Tackling Smoking (Vaping):

Puyu Blaster from the Aboriginal Health Council of SA (AHCSA) provided a tackling smoking education session, specifically on Vaping. The team also received a smokelyzer to assist with measuring carbon monoxide (CO) in the lungs.

## Hepatitis C (Hep C) Point of Care Training (POCT):

Over the past 11 months our clinicians have been working hard to combat STI and BBV testing and treatment within community through the National Australian Hep C POCT Program via the Kirby Research Institute. This program will be conducted through the GeneXpert machine which provides people at risk of Hep C with same-day diagnosis within approx. 1 hour. We are now in the final stages of setting up Hep C POCT at Moorundi and hope to start this program later in 2023.





# COMMUNITY ART COMPETITION

**\$2,500 prize**

## **What are we looking for?**

Artwork which shows sexual health in a positive light - reducing stigma and shame

## **How will your artwork be used?**

The winning art design will be used in a range of different ways including promotional materials such as clothing, tote bags, accessories etc. and promotional documents.

## **The following criteria is required for eligibility:**

### **Must be:**

- The Artist must be Aboriginal and/or Torres Strait Islander from Ngarrindjeri community or living in MACCHS service areas (Raukkan, Murray Bridge, Victor Harbor and surrounding regions).
- The artwork needs to promote safe sexual health practices (e.g. signs and symbols that represent this. Doesn't have to just be contraceptives)
- Illustration must be accompanied with an explanation of the design

### **Desired:**

- Incorporation of traditional Ngarrindjeri art (Line Work)

**Submission must be made by 5pm on Monday the 13th of March**

**Please contact Gordy Rigney on 8531 0289 if you have any questions**





# Chronic Disease Management

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.

## 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.



**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.**







JANUARY 2023

# Allied Health Dates

Please give us a call to arrange your next appointment today on 1800 023 846.



## Dietitian

10th March (MB)

24th March (MB)

21st April (MB)

5th May (MB)



## Optometrist

29th March (VH)

31st March (MB)

14th April (MB)

3rd May (R)

(R) Raukkan

(MB) Murray Bridge

(VH) Victor Harbor



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](http://www.moorundi.org.au)