



MOORUNDI

*Aboriginal Community Controlled
Health Service Ltd.*

MACCHS NEWSLETTER



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.



MARCH 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)



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 diseases highly contribute 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 Mallee/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.



Photo: Nikki Smith, David Crompton, Karen Cooper and Dorothy Kartinyeri.

CLOSE THE GAP DAY 2023

Our ITC Team, Aboriginal Health Practitioner, Aboriginal Community Engagement Officer and Chronic Disease Manager were excited to host a stall at Closing the Gap Day Event in Adelaide. It was the first time Moorundi exhibited at Closing the Gap Day and our teams enjoyed yarning to community about their health and engaging with other services.



The most popular question we had throughout the day was about how to get one of our deadly t-shirts!

These are available to Moorundi clients who complete their annual 715 health check, and are not available to purchase.



Photo: Gordon Rigney, Karen Cooper, Nikki Smith, Aileen Rigney and Luke McKenzie.



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 Meningie Aboriginal Self Help and is hosted alongside the Meningie Playgroup each Monday.

New Staff

Please welcome Emma Jackson to our team! Emma joins us as the new Alcohol and Other Drugs Counsellor. Emma has extensive experience in providing support and advocacy for people experiencing a range of difficulties. Emma's knowledge includes homelessness, substance abuse, domestic violence, financial issues and assisting clients with accessing Government and non-Government services.

Emma is available on Monday, Tuesday, Thursday and Friday every week.



MARCH 2023

Clinic News

The Murray Bridge Clinic will be returning to Wharf Road after the Easter break!

There will be no GP services available during relocation from Tuesday 11th - Friday 14th April.

We look forward to welcoming everyone back to Wharf Road on **Monday the 17th of April.**

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New Community Development Project Officer



Kelly Rigney is our new Community Development Project Officer with the Together Our Children Succeed Program. She is a Ngarrindjeri Mimini from Raukkan and moved to Murray Bridge in December 2021.

Kelly will be working to support children to attain their academic potential in our region, encouraging improvements in literacy and numeracy and facilitating opportunities for young people at school interested in higher education or employment.

Welcome Kelly!



Have you had your annual 715 Health Check?

The ever so popular health t-shirts are now available in black! The other t-shirt colours orange, pink, green and blue are brightly featured on this design too!

What does a 715 Health Check provide?

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

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

COMMUNITY ART COMPETITION WINNER

Nellie Rankine

“The background bushes surrounding the main egg symbolises a nest which offers protection against sexually transmitted infections and a shelter of knowledge for everything sexual health.

The dark green is the men and the light green is the women.

The inside of the egg, I have placed the birds and the bees living in a bright clean environment which represents happy, healthy and thriving living. The birds and the bees are symbolic when it comes to talking about sexual health with parents/adults.

The swans represent Ngarrindjeri people, as well as mother and father swans are who are protecting their eggs. These parental figures are important to their offspring because they hold the knowledge of everything sexual health, they are able to teach the next generation about sexual health and the outcomes of it.

This knowledge and wisdom being passed down empowers the younger generation to be more aware of sexual health and how it affects them. It also allows for change to the cycle of not knowing about these important things in life making a change for our next generation so they can make better decisions for themselves.

The rainbow represents the LGBTQIA+ community who are a large part of our community which we want them to feel safe and have access to the same wealth of knowledge and protection that everyone else does. This is important so they can talk to people without being judged. – Nellie Rankine”

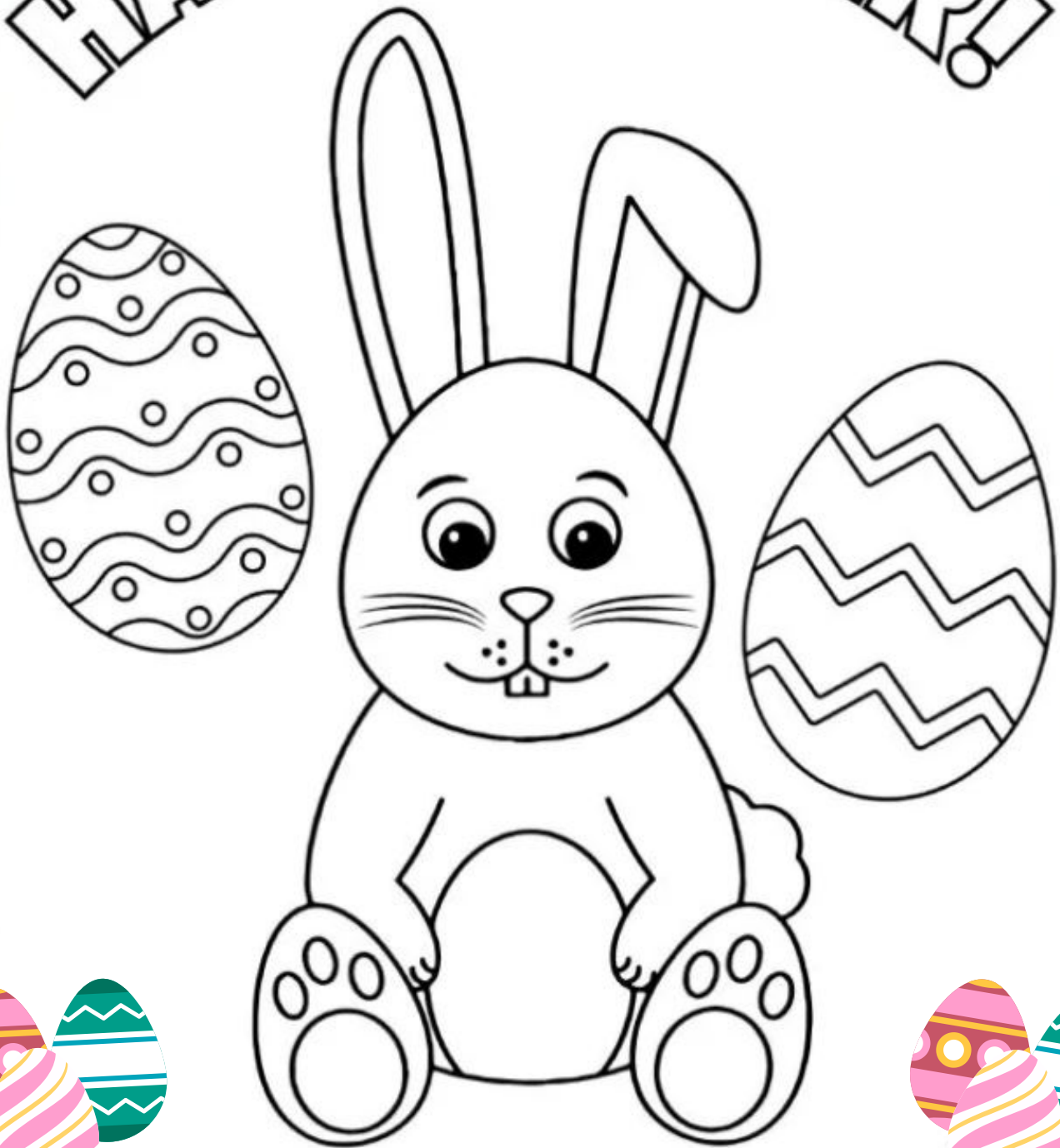


EASTER CLOSURE

All sites will be closed on the following dates:
Friday 7th of April
Monday 10th of April



HAPPY EASTER!





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.



MARCH 2023

Allied Health Dates

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



Dietitian

21st April (MB)

5th May (MB)

26th May (MB)



Optometrist

14th April (MB)

3rd May (R)

19th May (MB)

24th May (VH)

(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.
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Free call: 1800 026 846

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