

DHARUMBALINK

Summer 2019, ISSUE NO 12

Connecting our Community



**DO YOU HAVE A
CHRONIC CONDITION?**

WE CAN HELP YOU see page 9

**WOULD YOU LIKE TO
BE A FOSTER CARER?**

HELP OUR KIDS & COMMUNITY
see page 13

**BUILDING STRONG
FOUNDATIONS**

CHECK OUT OUR GREAT
PROGRAMS & SERVICES

see page 18

South Coast
Medical Service
Aboriginal Corporation



**SAVE
THE DATE!**
NAIDOC WEEK
JULY 7, 2019



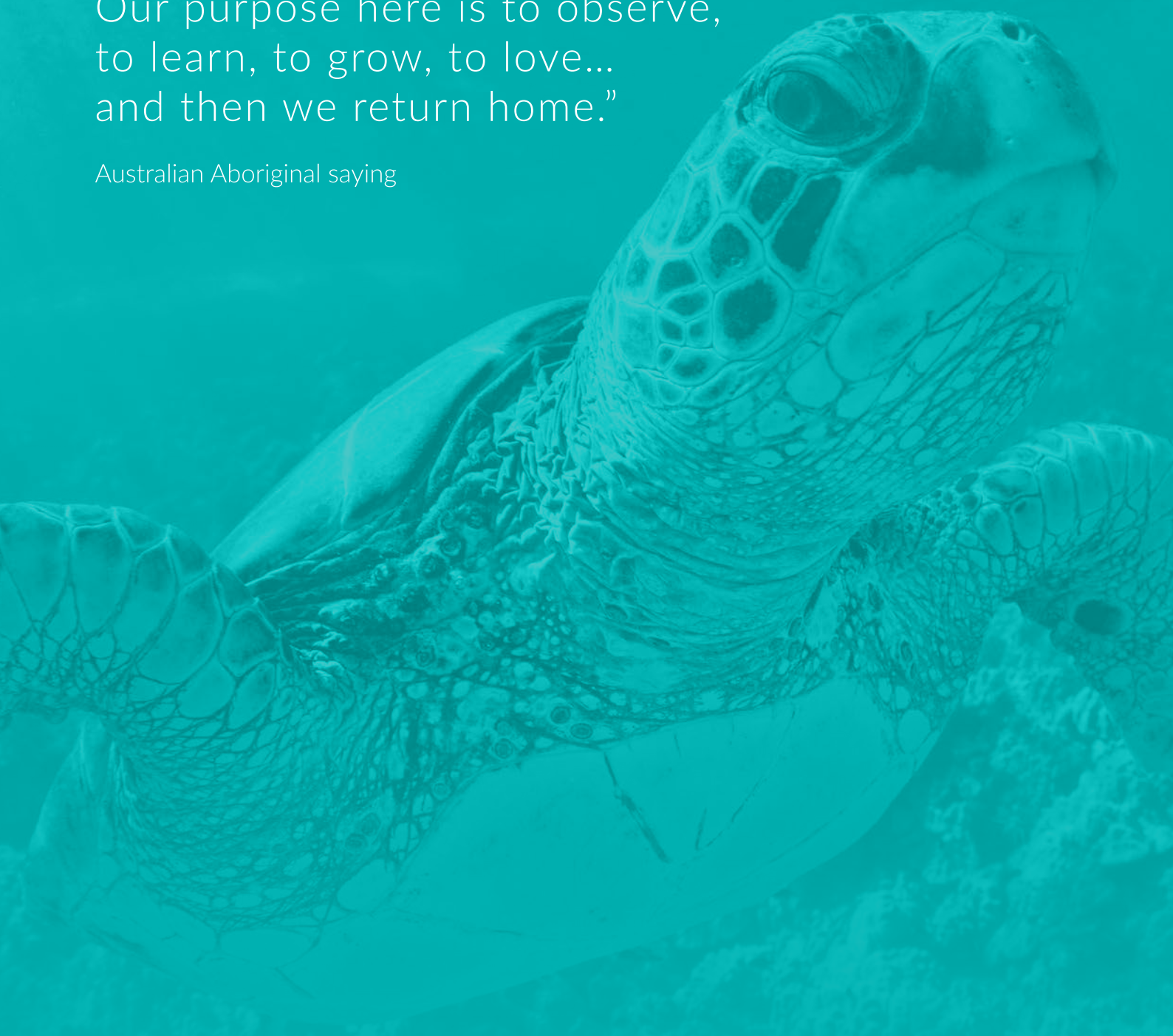
**YOUR
FREE
MAGAZINE**



“We are all visitors to this time, this place.
We are just passing through.

Our purpose here is to observe,
to learn, to grow, to love...
and then we return home.”

Australian Aboriginal saying



HOW TO USE QR CODES: QR Codes are like barcodes. QR stands for Quick Response which refers to the instant information linked to the code. They are a great way to connect print with online content.

The best way to figure out if your device can read QR Codes, is to open your Camera app and point it steady for 2-3 seconds towards the QR Code you want to scan, a notification will appear if scanning is enabled. If nothing happens, you may have to go to your Settings and enable QR Code scanning. If QR Codes isn't an option in your settings, your device unfortunately can't scan QR Codes this way. But don't worry, this only means you'll have to download a QR Code reader app in your app store.



CEO round up

2018 was a busy year at SCMSAC filled with new and exciting changes. We welcomed many new team members, introduced new programs and services, and continued to build relationships with key partners such as CareSouth and the William Campbell Foundation.

Our Shared Services team have been focused on our transition to a new medical records and patient management system called Communicare, which is set to launch in February this year. This specialised software helps identify and reduce risk, and has the ability to manage complex patient information. By making the move to the Communicare system, we will improve the level of patient care we are able to provide to our community.

Our Health and Wellbeing team implemented a new intake system in 2018, which had great results, reducing wait periods, improving follow up times, and providing a better health journey for our clients. In 2019 we remain focused on improving the emotional, psychological, cultural and spiritual needs of individuals, families and our community, with many great programs and services planned for the year ahead.

Last year new government guidelines were introduced requiring Aboriginal children in care to be case managed by an Aboriginal agency. This has led to continued growth for our Permanency Support Program and staff. We have opened a new SCMSAC office in Goulburn to accommodate transfers from Family and Community Services, CareSouth's Jullagung program, and children needing care in the Goulburn area. Our dedicated team has worked hard to ensure this transition has been as smooth and supportive as possible, and will continue this dedication in the new year.

I am very proud of our direction, growth, and ambition during 2018, and would like to acknowledge the continued efforts of our members, directors and staff, who are the reason we are able to do what we do. Whilst we continue to improve and expand our services and standards, we never lose sight of the reason we exist - for our Community.

Craig Ardler

We encourage you to give us your feedback, comments and suggestions

via our website: **www.southcoastams.org.au**

If you would like us to include information about your initiative or organisation in Dharumbalink Magazine, or you would like to submit an article, please contact us.

email: **communications@southcoastams.org.au** or call: **(02) 4448 0200**

Communicare

Our new health records management system



From early February 2019, South Coast Medical Service Aboriginal Corporation's (SCMSAC) primary and social health sections start using a new digital records management system called Communicare.

Communicare is currently Australia's leading health software in Indigenous and remote populations, used by a wide range of healthcare providers. It has proudly supported the holistic-care model for Aboriginal and Torres Strait Island health since 1994.

Rich in functionality and configurable to suit SCMSAC's needs, Communicare will streamline and improve efficiencies in our clinics and outreach services. The specialised software helps identify and reduce risk, and manages complex patient information to help improve the overall level of patient care.

Together with Telstra Health, the Shared Services team is working hard in the background of our organisation, to ensure a smooth transition to Communicare. The next page details some of Communicare's features, what will happen before go-live, and what community members can do leading up to the go-live day in February.

If you would like more information about Communicare, please email the Shared Services team on: **sharedservices@southcoastams.org.au**, or you can find more information about Communicare, by visiting their website: **www.telstrahealth.com/communicare**

Thank you,

Shared Services Team.

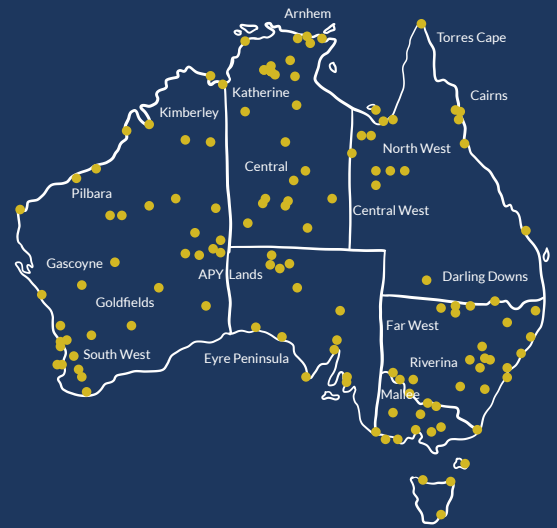
INTRODUCING COMMUNICARE...

South Coast
Medical Service
Aboriginal Corporation



What is Communicare?

Communicare is utilised by a large number of Aboriginal Community Controlled Health Organisation's (ACCHO's) across Australia and has proudly supported the holistic-care model for Aboriginal & Torres Strait Islander people since 1994. It is Australia's leading health software used in rural and remote Indigenous communities and we are very happy to be introducing this system to our community.



Go live! 4th Feb

What will improve?

The Shared Services Team are working collaboratively with staff in all sections of Primary and Social Health to ensure the following:

- ✓ **Better security** and **access rights** for all employees.
- ✓ **Better communication** between you, our teams and health professionals across the whole organisation.
- ✓ **Better care** for people suffering from chronic diseases.
- ✓ **Single point of storage** for all health records.
- ✓ **Immediate internal referrals** to all SCMSAC services.
- ✓ **Improved reporting** abilities, resulting in more time for service delivery.
- ✓ **Better transport management.**
- ✓ **Better Medicare claiming**, that will flow back to the community, allowing us to expand our services and employ more people.

What will happen before Go-Live?

- ✓ There will be new and existing policies and procedures.
- ✓ New consent forms.
- ✓ Regular community updates to keep you informed about Communicare's progress and go-live date. These will be available at reception.

What can you do?

- ✓ Update your contact, Medicare and Centrelink details at reception when arriving for an appointments.
- ✓ Contact SCMSAC's Shared Services section for any questions you may have on:
sharedservices@southcoastams.org.au

Thank you!

We appreciate your patience and understanding as we update our systems and processes.
For more information about Communicare, head to their website:
www.telstrahealth.com/communicare



Human Resources

Current Vacancies

2018 was a huge year for SCMSAC, with plenty of new additions to our ever-growing organisation. New sections and programs, new jobs, new training and new faces.

We employed over forty new staff in 2018, with some familiar faces returning to us. We would like to extend a warm welcome to all new employees and also say a big thank you, to all our existing team members who work tirelessly to provide amazing services to our community.

Our entire SCMSAC team attended a workplace bullying and harassment course presented by Aaron Gow, *NSW Government Education Information and Aboriginal Community Engagement Officer* late in 2018. Staff feedback on the course was very positive, finding the course interesting and informative, with meeting and spending time with members from different sections the highlight of the day. We are looking forward to more fun training in 2019!

SCMSAC are continuously looking for passionate people to join our team. If you are interested in working with us, check out our website for current vacancies, or email through an expression of interest to:
hr@southcoastams.org.au



Caseworker

Full Time

The Permanency Support Worker will be responsible for achieving the best possible outcomes for Aboriginal children and young people placed in the SCMSAC Permanency Support Program. They will work closely with Carers and birth families for the purpose of planning and supporting care plans.

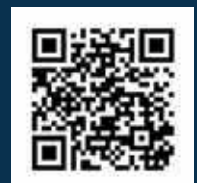
Community Support Officers

(Casual Pool) Nowra & Goulburn

The Community Support Officer will be responsible for supervising and reporting on family contact, transport of children, young people and their families to supervised contacts, respite and other scheduled activities. The Community Support Officer may also be required to engage in mentoring activities.

Visit our website for details:
southcoastams.org.au or

SCAN HERE TO
FIND OUT MORE



Employee Spotlight

Carly Warner joined us in July and has hit the ground running as our NDIS Coordinator, building up her fabulous team of Linkers and maximising her clientele caseload. Carly and her team have been working tirelessly, advocating for people with a disability to have their needs met around NDIS application and coordination. Carly and her team travel up and down the coast, introducing themselves and now sit at a case load of roughly seventy. They have also supported other services to act in a culturally appropriate way when engaging with our clients. Pleasingly, within just three months, Carly and her team had an application NDIS that was previously twice declined, overturned and approved.



What does an NDIS Coordinator do?

"An NDIS coordinator ensures that not only the clients, but staff and other service providers are aware of best practices regarding the NDIS processes. I enable internal and external training to maximize my teams exposure to the ever changing world of disability services. I provide holistic, recovery-based practices to meet the needs of our clients, ensuring we reach outcomes through empowerment and realisation of client's own strengths and abilities."

What do you enjoy most about working at SCMSAC?

"The thing I enjoy most about working for SCMSAC is the fact that I feel so supported and valued. I have been welcomed with open arms, and knowing that my skills and knowledge are respected and appreciated, makes coming to work each day so rewarding."

What has been your favourite part of the project and why?

"My favourite part has been the 'aahhaaa' moments I've been lucky to be a part of. Those little snippets of joy I get to witness when people realise they have been valued and heard and have renewed hope. Supporting people to overcome barriers and empower self-management of their symptoms/needs, is the reason I do what I do."

Apart from your work at SCMSAC, what are some side projects or hobbies you have outside the office?

"I am also completing a Certificate IV Training and Assessment (TAE) to go on to develop training models and provide education in disabilities and mental health."

Any special accomplishments or awards?

"I was chosen by the Australian Mental Health Coordinating Council to represent them at the Australasian Mental Health Conference, which included invitations to present in other engaged countries such as New Zealand, Canada and Asia."

Favourite Life hack?


"Nailing the Cob Loaf recipe."


Primary Health Services

"Assisting our Community address their own health"



Clinic locations & opening times

 **Jane Ardler Centre**
51 – 53 Berry St
Nowra, NSW 2540
Mon - Fri: 8.30am - 5pm

 **Jerrinja Clinic**
Roseby Park
Orient Point NSW 2540
Tue: 2.30pm - 4.15pm
Wed: 2.30pm - 4.15pm

*Women's Health Circle One Friday
per month: 9.00am - 12.30pm*








 **Wreck Bay Clinic**
Top St
Wreck Bay, ACT 2540
Mon 9.30am - 3.30pm
Wed 9.30am - 3.30pm
Thur 2.00pm - 4.15pm

*All clinics are closed on weekends and public holidays.
Clinic times are subject to change, please call reception
to make an appointment 4448 0200.*



Our clinics are smoke free.

Services available at our Medical Practice

-  Consultations
-  Health Checks
-  Care Plans
-  Immunisations
-  Pap Smears
-  Pregnancy Tests
-  Care Coordination (ITC)

Accreditation



Our general practice is accredited with the Australian General Practice Accreditation Limited (AGPAL).

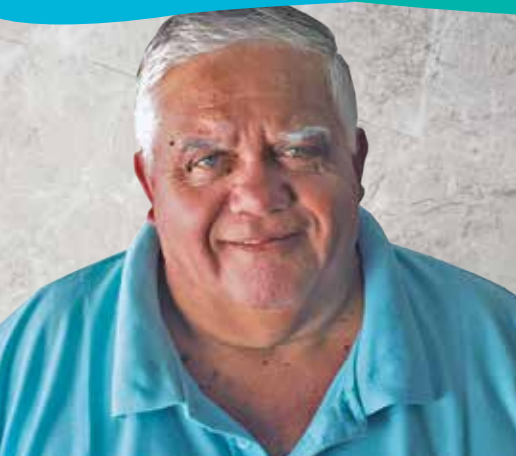
**SCAN HERE TO LEARN MORE
ABOUT OUR ITC PROGRAM**

or visit our website for details:
southcoastams.org.au



Do you have a chronic disease?

Do you need support with fuel, transport, gap fees?



We can help you with:

- ⊙ Access to community based services
- ⊙ Booking appointments
- ⊙ Attending appointments
- ⊙ Completing forms
- ⊙ Talking with your GP
- ⊙ Accessing medical aids
- ⊙ Transport needs & costs
- ⊙ Ongoing support

Getting help with your health care

1

FIRST STEP

Get 2 forms from your treating GP

2

SECOND STEP

Give these forms to the Care Coordinators who will register you in the program

3

THIRD STEP

The Care Coordinators will contact you or your carer to discuss your needs

4

FOURTH STEP

Contact the Care Coordinators before making any appointments

☎ (02) 4448 0200
☎ 1800 215 099
✉ itc@southcoastams.org.au
🌐 www.southcoastams.org.au

South Coast
Medical Service
Aboriginal Corporation



Permanency Support Program (PSP)



Update from Executive Officer

Tanya McGeachie

How quickly we have entered the new year and reflect on 2018. We went through major changes as a result of sector reforms, and we continue to develop and adjust to the new processes required throughout the Permanency Support Program (PSP). The staff have demonstrated great resilience, maintaining our usual casework tasks, and developing new skills through large amounts of training, ensuring we fulfil the agency's requirements successfully.

We also introduced a new database last year, to maintain our existing records and accountability, and meet future capacity requirements. It was a mammoth task to transfer files onto the new system and adjust to new recording processes, however the team has managed to pull this off.

We continue to work in partnership with William Campbell Foundation, hosting several combined events, as well as attending events jointly. It is a great opportunity to share skills and resources, as well as promote cultural awareness to another agency.

It is anticipated that SCMSAC PSP program will continue to grow in 2019, with new government regulations requiring Aboriginal children in care be case managed by an Aboriginal agency. Transfers are occurring through Family and Community Services, as well as more recently from local agency, CareSouth. CareSouth are transferring the Aboriginal children that they case manage from their Jullagung program, through a partnership with SCMSAC.

We opened a new office in Goulburn on the 1st of November, to accommodate the transfer of children's caseloads from Jullagung, as well as children from Family and Community Services in the Goulburn area. More information on our Goulburn office will be available once the new premises are complete and staff recruitment is finalised.

Update from PSP Community Support Service (Team Leader)



Staffing

Supervised Family Time (previously known as Supervised Contact) increased in frequency during 2018, which meant we needed new team members to help us meet the growing needs of our PSP families. We welcomed Dana, Marina, Daniel, and Joy to our Community Support Service team.

Amanda Ralevska has been appointed the manager of Supervised Family Time and Transport. She will also be responsible for rostering and supervising staff in these areas. Scott Webb has been appointed the manager for Programs, responsible for program coordination, including the Living Skills Program, School Holiday Programs, and Mentoring.

We are very happy Amanda and Scott have accepted these positions and would like to acknowledge their valuable contribution, passion and commitment, to the ongoing development of Cultural Support Services for children and their families.

Living skills program

Our living skills program is proving a great success, with consistent commitment and participation from Children and Young People every session. It is wonderful to see new friendships and mutual respect shown between all.

The Living Skills Program continues to run every Tuesday from 4:30 pm – 6:30pm with alternate weeks focused on Cultural living skills.

Mentoring

In addition to our individual Mentoring Program, which is accessed through a referral from

Caseworkers, our new boy and girl Mentoring Groups allow the benefits of mentoring to reach more children and young people.

This program enjoyed great success in 2018 and is planned to continue this year. The program consists of six sessions, and focuses on assisting and supporting children and young people in their journey to deepen their Cultural identity and self-esteem.

Therapeutic services

Our Provisional Psychologist, Ashleigh Rowe is rapidly progressing in her role, offering psychology services to the PSP program. Ashleigh is an Aboriginal woman (Yuin/Wiradjuri) providing cultural consideration and sensitivity in her approach as a mental health practitioner. She offers counselling, behaviour support, assessments and interventions, at no cost to our Carers, parents and children in the PSP program. To make a referral please talk to your Caseworker.

Farming for calm

Ashleigh is now responsible for coordinating the Farming for Calm program. The Farming for Calm Program is a ten-session therapeutic program for primary school aged children in OOHC. Held at 'A Taste of Paradise Farm' in Berry NSW during school terms, this program gives children and young people the opportunity to participate in an array of group activities. The program aims to develop their communication, social, emotional regulation and relationship skills.



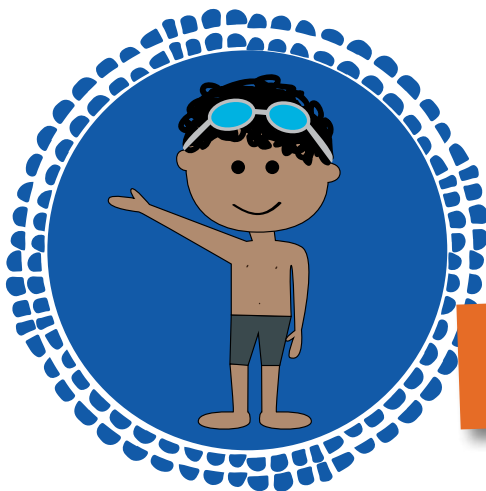
123 Magic & Emotional Coaching

The 123 Magic and Emotion Coaching is a behaviour management program for mothers, fathers and carers of young children. This program helps participants learn to manage difficult behaviour in children 2-12 years old.

SCMSAC hosted these workshops, facilitated by CatholicCare, throughout November at the Jane Ardler Centre.

Swimming lessons

Some of our local kids enjoyed free swimming lessons held at Bomaderry and Ulladulla Swim Centres. The lessons were for children aged from 6 months to 5 years. The Swimming NSW Indigenous Participation Program is funded by the NSW Government under the Water Safety Fund.



Christmas party

The PSP team held a combined party in Nowra on the last day of the school year, with the William Campbell Foundation (WCF) team, to celebrate our partnership. We organised two events across the Shoalhaven and South coast, one event in Nowra for Carers and Children in the Batemans Bay area, and a second event in the Bega area.

IMPORTANT DATES

3rd Friday of the Month

Carers Morning Tea

10am – 12pm

Dish & Spoon Cafe

1A Scenic Drive, Nowra

PLANNED FOR 2019

22 -24th January 2019

Respectful Leadership Camp
(Part 2)

Bamarang Bush Retreat
(Young people 12- 18 years)

25th January 2019

Kids Themed Party Day
Falls Creek Shed
(Children 5- 11 years)

SAVE THE DATE

NAIDOC WEEK
JULY 7, 2019

CARER TESTIMONIAL

"As a member of our community I was very motivated to care for kids as I saw firsthand that our kids needed their own kind to care, and they needed to remain in their communities. I feel this was so important to the kids and the families."



Become a Foster Carer and make a difference.

A SCMSAC Foster Carer provides care and a safe, secure and nurturing family environment, for Aboriginal and Torres Strait Islander children and young people, who are unable to live with their own families.

CARER TESTIMONIAL

"My children's mates turned up looking for a place to stay and then friends wanted time out, so I would look after their kids and then a few people told me I should see about Foster Care. So I made a call and never looked back."

THINKING ABOUT BECOMING A CARER?

Complete the Carer Form on **page 29** or:
SCAN HERE FOR MORE INFO



Boori Preschool



A year in review at Boori

In 2018 we had 35 kids enrol, with many new faces joining Boori preschool, and some familiar faces returning too. Term one was a busy period with many things happening. We had a section of our outdoor area improved with new soft-fall synthetic turf added. The children were so excited to see how this all came together, and we saw their interest in trucks and bobcats grow.

In August we held a day of celebration for National Aboriginal and Torres Strait Islander Children's Day. All parents and families were welcomed to the preschool for a fun-filled day of activities including: a flag raising ceremony, a cute petting zoo, the building of a gunya, and lots of art and craft. We were also entertained by Aboriginal dancers during our BBQ lunch.

Staffing update

Nicole (Aunty Nic) has decided to leave our preschool and head off on a new adventure in her life. Nicole contributed greatly to Boori throughout her time, and helped to make the Preschool what it is today. We would like to thank Nicole for all she brought to Boori. She will be greatly missed by staff and children, and we hope that she may be able to drop in from time to time to say hi.

Amey Whitehouse has taken on the role of Director at Boori and is looking forward to a great year in her new role. Thomas Brown and Emma Eastgate also joined us on a casual basis, and are both enjoying getting to know our Boori families.

WORK WITH US!

We are looking for some new casual teachers here at Boori! When staff are sick or away, we require extra staff to cover those vacancies.

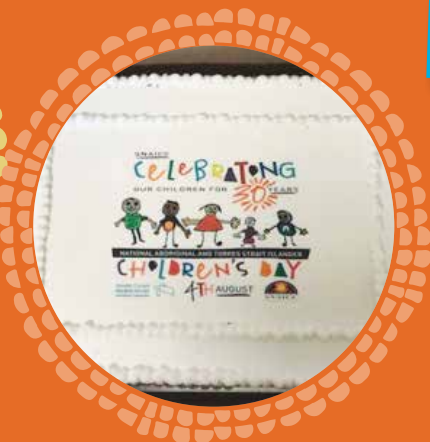
To be employed* at Boori Preschool you **must**:

🎯 hold a **Certificate III** in Children's Services

or:

🎯 a **Diploma** in Children's Services or a **Bachelor** of Education in Early Childhood

**Conditions Apply.*



NUT FREE SCHOOL



Our Preschool is a **NUT Free** Preschool.

This means **NO NUT** products or spreads.

About Boori

Boori Preschool is a service provided by South Coast Medical Service Aboriginal Corporation. We cater for Aboriginal and/or Torres Strait Islander children from 3 years of age until they start school.

We offer a school readiness program and each child is offered the opportunity to meet their full potential through the Early Years Learning Framework. The routine in the centre is flexible and will be based on the children's and families interests and input.

What to pack for a day at school

- ☒ Spare summer clothes
- ☒ Spare underwear
- ☒ Swimmers (on hot days)
- ☒ Hat
- ☒ Drink bottle
- ☒ Healthy lunch boxes
- ☒ Backpack
- ☒ Ensure everything is labelled with the child's name on it.

**Boori
Preschool**
enrolments
are now open
for 2019



Please contact

Director of Boori Preschool
on **4448 0222**

or visit our enrolment website:

<https://booripreschool.hubworks.com.au>

**SCAN HERE TO
ENROL AT BOORI**



Introduction to our Ability/Early Links team

The Ability and Early Links team is a diverse team with a wide range of experience and backgrounds. We support the community through the Early Links program (0-7 years) and the Ability Links program (8-64 years) both providing assistance to individuals and families by creating pathways into supports and services.

Our team operates at full capacity now, and together we have reached many milestones. The team has also identified new goals and actions that can further assist our community.

Amy (Early Linker) Hey all, I'm Amy Paton, Early Linker and part of the Linker team here at the AMS. The last five months have been awesome, getting to know people in the community and meeting all the great people in our team. Outside of work I love hanging with my fam-bam and exploring all the great places around the Shoalhaven.

Lizzy (Ability Linker) Hello, my name is Lizzy, I am 25 and am a local Aboriginal woman from the Wreck Bay community. I started with the Ability Links team in late August when the team was made up of two members. I came from a background of nursing, support work and research. At the time of my application I was searching for something where I was more involved with community, utilising my people skills and my passion for empowering others. Becoming involved with the Ability Links program has really given me a sense of purpose and belonging; working with a wonderful team, doing work that is so fulfilling. I really hope that the work we do is having as big of an impact on the people we help, as the stories and journeys we encounter has on my motivation to continue this work. I can easily say this is my favourite work so far in my life. I hope to continue this work, together with the team, for many years to come.

MILESTONES

- Full team of five
- Supporting our first client through to an approved NDIS package
- Reaching out to Batemans Bay area
- Re-establishing the Linker role and re-engaging with the community
- SMARTERSOFT training (Linker information database)
- Making stronger community connections including:
 - Nowra East Public School "The Hub"
 - William Campbell Foundation
 - Mind The Gap Program Glen Williams
 - Uniting + Life Start
 - Boori Preschool

Kate P (Early Linker)

I'm a local mother of four who has recently joined Child, Family and Disabilities as an Early Linker. I have a strong interest in Community Services. I am grateful for this opportunity to be a part of such a vital community program.

Kate W (Ability Linker) My name is Kate Williams, I am a proud Aboriginal woman living in the Shoalhaven area. I joined the Ability Links team because I am passionate about helping to improve people's health and wellbeing. South Coast AMS has given me the opportunity to do just exactly that. I look forward to developing my skills in this area and working within this great environment.

Nathan (Youth work TAFE student) Hello ladies and gentleman, I am Nathan Keevers-Lawrence and am a Dunghutti/Awabakal man. I am a former boilermaker tradesman who only this year started a new journey into the youth work sector. I joined the youth work sector because I wanted to guide the future leaders of our community to achieve the goals that they want to reach. It has been a pleasure working with such a wonderful bunch of ladies who have made me feel welcome from the moment I walked through the door. The work that these girls are doing for the community is incredible, and they continue to make progress each and every day throughout the community.



*Carly, Lizzy & Amy
cooking up a storm on SNAICC Day*

Health & Wellbeing

Taking a holistic approach to addressing the emotional, psychological, cultural and spiritual needs of Aboriginal people; the Social Health team provides culturally safe programs and services to reduce harm caused by tobacco, alcohol and other drug use, and to improve the overall social emotional wellbeing of individuals, families and communities. During the year, we have experienced significant growth in the team, with currently 32 positions now funded. We have implemented a new intake process which includes client intake screening and referral coordination across the service, resulting in an improved client journey, less wait times and improved follow up times.

Our services include:

- Intake screening and referral coordination
- Case Management
- Counselling & Therapy
- Psychological Therapy
- Safety & Wellbeing Groups

Programs we delivered:

- Aboriginal Mental Health First Aid
- Wreck Bay Community Outreach Hub
- Seasons for Healing (grief and loss group healing program)
- Needle & Syringe Program
- Work Development Orders
- Aboriginal Child Mentoring Program
- Joint Support Program
- Ngudjoong Billa, Aboriginal Justice Reintegration Program
- Strong Foundations – A Koori Kids Wellbeing Program
- “Next Steps” Suicide Prevention Program
- Mental Health Respite; Carer Support Program Coordination
- Regional Workforce Training and Development
- NIMAC Research Program - Novel Interventions in Methamphetamine Use in Aboriginal Communities
- Community Events and activities (NAIDOC, Men’s and Women’s Health Days, Mental Health Months, White Ribbon Day, Community Health and Wellbeing Education Workshops).
- Strong Foundations – A Koori Kids Wellbeing Program



STRONG FOUNDATIONS

"Keep The Family Spirit Strong, Yarn About Your Wellbeing"



Strong Foundations is a school-based program designed to support the Social and Emotional Wellbeing of Aboriginal & Torres Strait Islander students aged 8 – 13 within the Shoalhaven region of NSW. We provide group sessions, individual counselling, and community education.

Our aim is to raise awareness of mental health wellbeing, encourage help seeking behaviours, increase resilience and build stronger communities.

Strong Foundations uses a tailored approach for each group session, incorporating outdoor group activities as well as cultural themed art & craft, drawing on key principals of **"Mind Matters"** and **"Aussie Optimism"**

** Individual counselling is based on referral*

- Positive Thinking
- Physical Wellbeing
- Building Support Pathways
- Understanding Self, Others and Culture
- Cultural Identity & Help Seeking
- Positive Self Esteem
- Communicating With Others

FOR MORE INFORMATION
Contact The Social Health Team:



South Coast
Medical Service
Aboriginal Corporation



- (02) 4448 0200 or 1800 215 099
- www.southcoastams.org.au
- intake@southcoastams.org.au
- ICN 182
- Follow us @scmsac

Tackling Indigenous Smoking Program

Anti-Smoking Roadshow

Stopping at a community near you!

Did you know?

Tobacco smoking is the most preventable cause of ill health and early death among Aboriginal and Torres Strait Islander people, increasing the risk of coronary heart disease, stroke, numerous cancers and many other health conditions.

The Anti-Smoking Roadshow aims to:

- ☉ Raise the awareness of smoking issues by informing our communities of the health risks associated with tobacco smoking.
- ☉ Deliver informative and interactive workshops to assist our people make informed choices about smoking.
- ☉ Provide the right advice and access to resources and services that can help you or a family member live a smoke-free life.
- ☉ Create positive local Anti-Smoking messages and design resources relevant to your local community; and
- ☉ Support our youth to learn to "Say No To Smoking".

Look out for the Tackling Indigenous Smoking program's Anti-Smoking Roadshow in a community near you!

BE SMOKE FREE BE HEALTHY BE DEADLY!



FOR MORE INFO & REGISTRATION: Please contact the Social Health Team:

☎ 1800 215 099 or (02) 4448 0200 🌐 intake@southcoastams.org.au ⓘ ICN 182



Australian Government
Department of Health

South Coast
Medical Service
Aboriginal Corporation





First Aid courses

The Aboriginal Mental Health First Aid (AMHFA)
3rd edition training is scheduled for **February 2019**.

Proposed dates:

Thursday - Friday, 7th & 8th

Tuesday - Wednesday, 19th & 20th

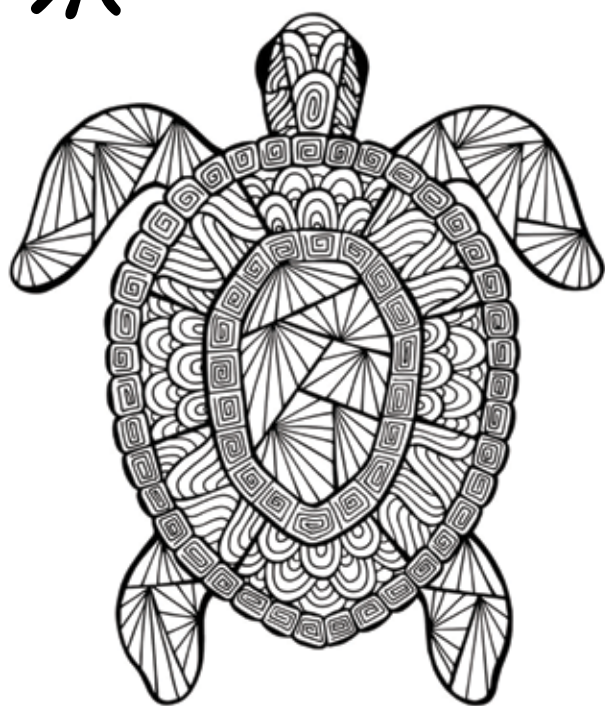
Participants must attend two days (14 hours) for accreditation.

Facilitators are Sharlene Cruickshank and Allen Bloxsome.

Contact Intake for more information:

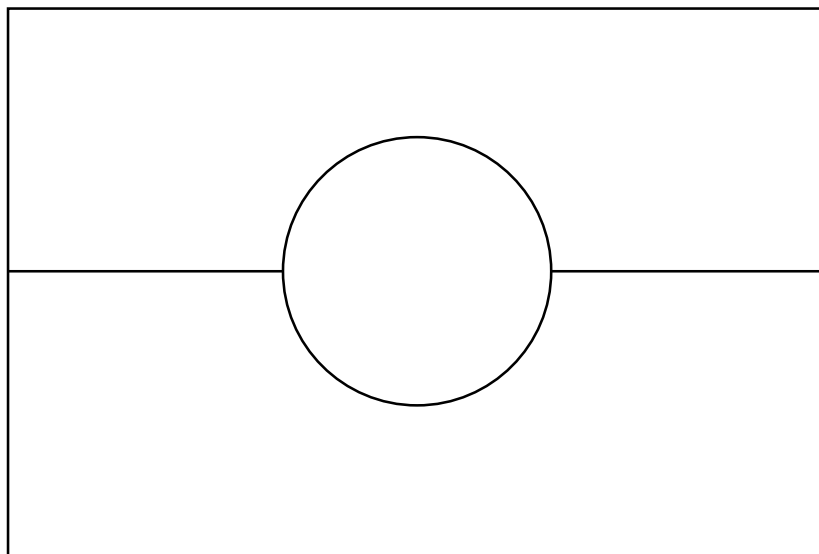
intake@southcoastams.org.au

BOORI PAGES



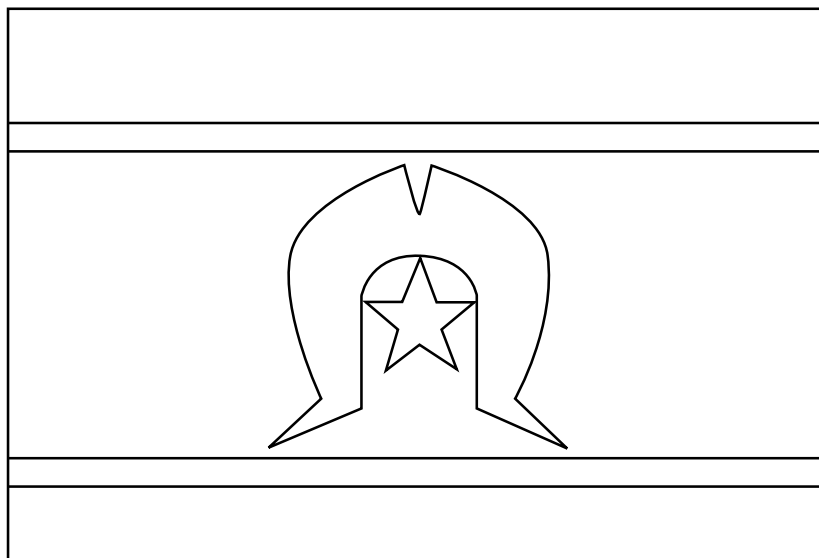
The Aboriginal flag was designed by Harold Thomas in 1971. The flag is divided into two equal halves. The top half is black, this symbolises the Aboriginal people of Australia. The bottom half is red, this symbolises the earth and the spiritual relationship Aboriginals have with the land. The circle in the middle is yellow to symbolise the sun, the giver of life.

Colour the flag



The Torres Strait Islander Flag was created as a symbol of unity and identity for the Torres Strait Islander people. The green panels at the top and the bottom of the flag represent the land. The middle panel is blue and represents the sea. The thin panels between the green and blue ones are black to represent the Torres Strait Islanders. The centre of the flag shows a white dhari, a symbol for peace. Below the dhari is a white five-pointed star which represents the island groups in the Torres Strait.

Colour the flag



Local history word search

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

BOODEREE
DHURGA
JERRINJA
ROCKART
WRECKBAY

CULLUNGHUTTI
FAMILY
LANGUAGE
SHOALHAVEN
YUIN

DHARAWAL
HISTORY
RIVER
SOUTHCOAST

Name: Ari Uddin
Age: 3



Meet Ari...

Q: What's your favourite thing to do?

A: Digging in dirt with my gardening tools, wheelbarrow & toy backhoe

Q: If you had one super power, what would it be?

A: Super strong

Q: What's your favourite dinner?

A: Chicken nuggets & chips, mum's special milkshake

Q: What do you want to be when you grow up?

A: Construction worker - specialist at excavation

Joke Corner

Q: What kind of music do kangaroos listen to?

A: Hip Hop

When I grow up
I want to be



WHY I AM GRATEFUL



I am grateful for my family because _____



Something good that happened this week _____



I am grateful for my friendship with _____,

because _____



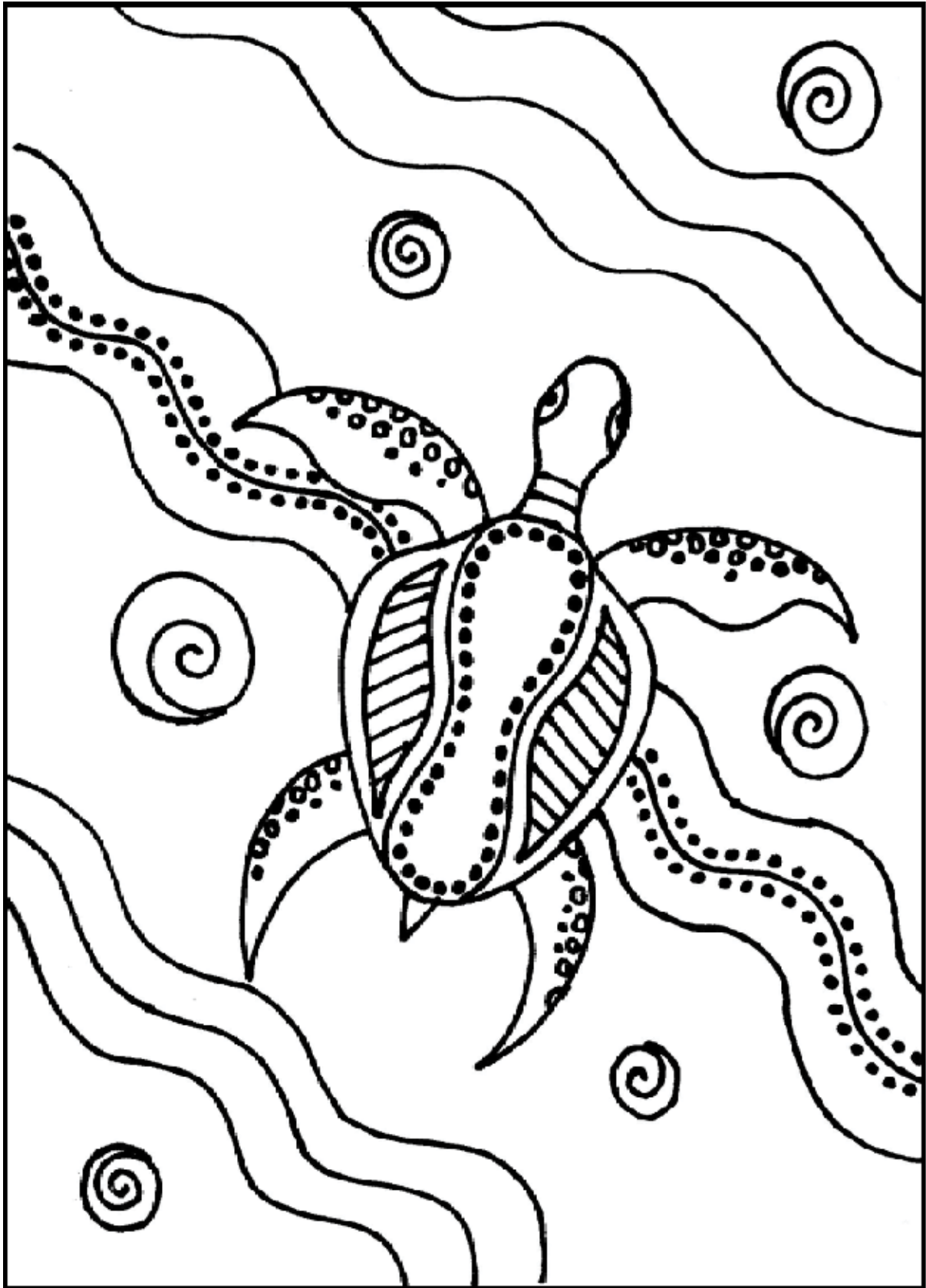
I am grateful for who I am because _____



Something silly that I am grateful for _____



Something else I am grateful for _____



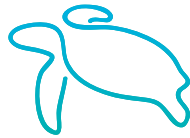
artwork by Helen Price

www.globalkidsoz.com.au



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GUIDELINES FOR APPLYING FOR CONFIRMATION OF ABORIGINALITY

NOTE: If you and/or your family lineage is not known by a member of the SMSAC Board of Directors, your application for confirmation may not be successful. In such cases, we recommend that you apply to the Aboriginal Corporation in the area where you and/or your family are known.

Why do I need to prove my Aboriginal and/or Torres Strait Islander heritage?

Your Aboriginal or Torres Strait Islander heritage is something that is personal to you. You do not need a letter of confirmation to identify as an Indigenous person. However, you may be asked to provide proof or confirmation of your heritage when applying for Indigenous-specific services or programs such as Indigenous health and wellbeing services, employment (Indigenous identified positions), school programs and scholarships for Indigenous students, university courses offering placements to Indigenous students, Centrelink and housing assistance offered to Indigenous people.

These services and programs are intended to help address the inequalities Indigenous people face as a result of past government policies, inadequate health care and lack of educational and employment opportunities. Requiring confirmation of heritage is about honouring this intention and ensuring that Indigenous-specific services and programs are actually benefitting Aboriginal and/or Torres Strait Islander people and communities.

How do I confirm my Aboriginal and/or Torres Strait Islander heritage?

The following three 'criteria' are used to confirm Aboriginal or Torres Strait Islander heritage:

1. Being of Aboriginal and/or Torres Strait Islander descent
2. Identifying as an Aboriginal and/or Torres Strait Islander person
3. Being accepted as such by the community in which you live, or formerly lived

How do I meet these criteria?

Knowing your family history is the key to obtaining Confirmation of your heritage. To establish that you are of Aboriginal and/or Torres Strait Islander descent, you must provide a *Family Lineage Chart* (e.g. a family tree) on the approved form. You will need to gather as much information about your family history and heritage as possible to complete the chart. This can sometimes be challenging. We have provided information on the back of the *Family Lineage Chart* to help guide you through the process.

What if I am under 18 years of age?

If one, or both, of your natural parents have had their Aboriginality confirmed by South Coast Medical Service Aboriginal Corporation (SCMSAC), you are automatically eligible for confirmation upon supply of your Birth Certificate identifying your parent(s) by name. If you are able to, provide a completed Family Lineage Chart and/or a copy of your parents' Confirmation of Aboriginality, this will help us process your application.

If a Local Indigenous Community Organisation in different region of NSW or Australia has confirmed your parents' heritage, we recommend that you apply to that organisation for confirmation.

Who determines my application?

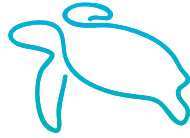
Applications (other than those submitted by persons under 18 years who are automatically eligible for confirmation), are considered by the SCMSAC Board of Directors at formal Board meetings.

How long will it take to process my application?

Issuing Confirmations of Aboriginality is not the core business of SCMSAC and processing applications can take up to 8 weeks.

What happens if my application is declined?

Consideration and approval of Confirmations is at the discretion of the SCMSAC Board of Directors, who may decline an application for a various reasons. In particular, SCMSAC cannot issue you with a Confirmation if you have not provided sufficient evidence to establish that you meet the three criteria. If declined due to insufficient evidence, we will provide you with a brief explanation, so that you can obtain the required details and re-apply.



CONFIRMATION OF ABORIGINALITY

i Please read the information in our "Guidelines for Applying for Confirmation of Aboriginality" before completing your application. Send your application c/- Executive Assistant at the address below.

| Name: _____ | D.O.B: _____

| Address: _____

APPLICANTS 18 YEARS AND OVER COMPLETE THIS SECTION

I identify as: ☐ Aboriginal ☐ Torres Strait Islander ☐ Aboriginal & Torres Strait Islander

I am recognised as such by the _____ Community:

☐ where I have currently/formerly lived for _____ years

☐ which is my traditional area, or where my family has lived for _____ years

APPLICANTS UNDER 18 YEARS COMPLETE THIS SECTION

My natural parent(s) named below, have confirmation of Aboriginality from SCMSAC

Parent(s) Current Name: _____

Parent(s) Former Name: _____

ALL APPLICANTS COMPLETE THIS SECTION

I have attached the following documents:

☐ Family Lineage Chart (required) ☐ Birth Certificate (required) ☐ Other: _____

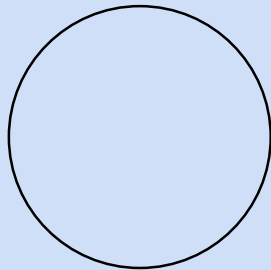
☐ I consent to SCMSAC retaining an electronic copy of this application.

Signature: _____ Date: _____

OFFICE USE ONLY

It is hereby confirmed that the above-named applicant has provided sufficient evidence to indicate aboriginality.

COMMON SEAL



| Resolution No. _____

| Date: _____

Name/Director

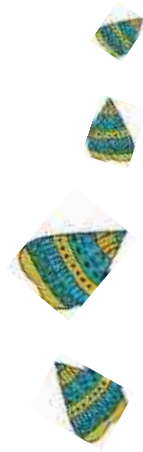
Signature

Date

Name/Director

Signature

Date

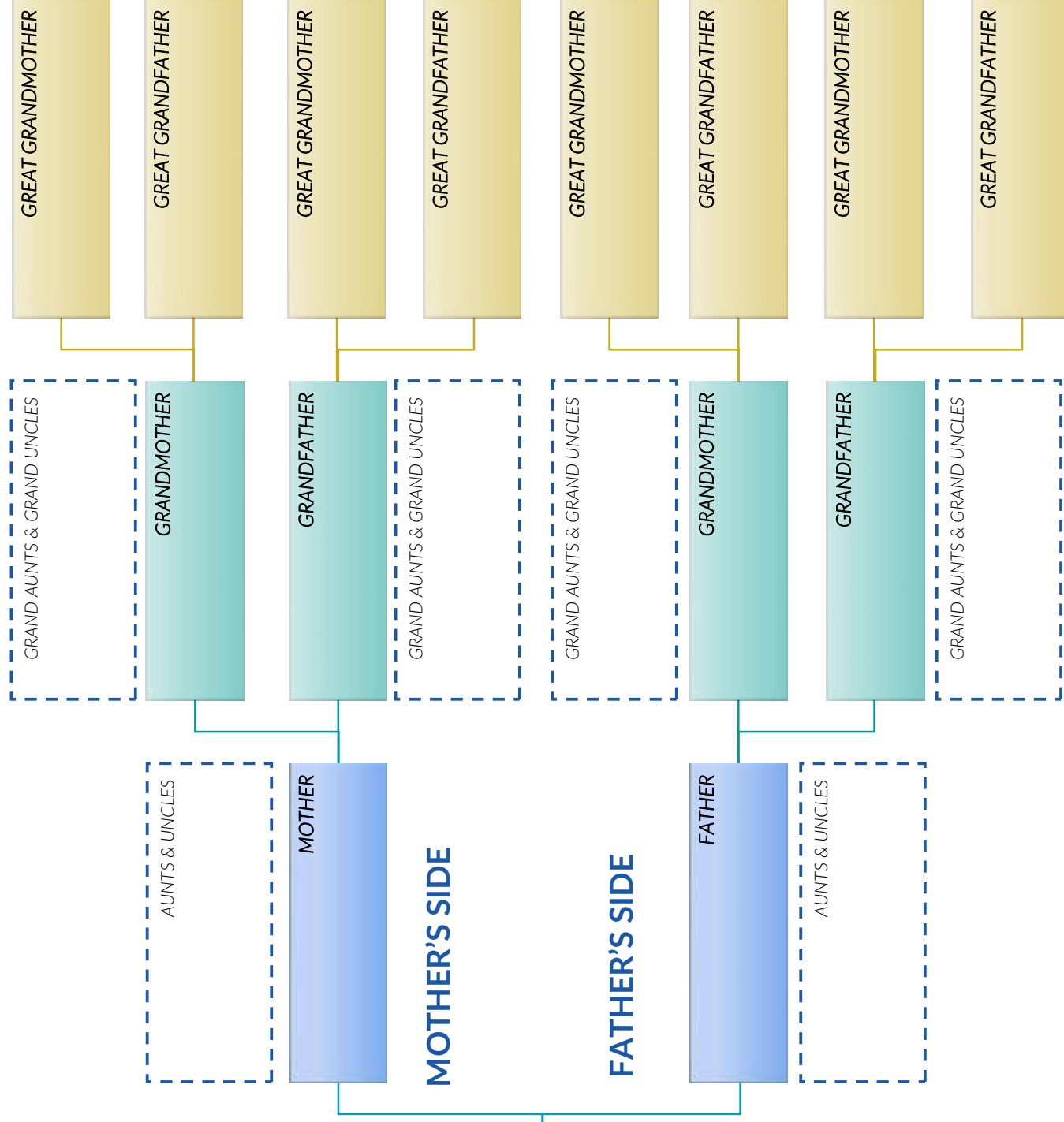


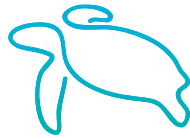
My Family Tree

MAIN PERSON (YOU)



Please complete as many boxes as you can. If you are having difficulty tracing your family history, the information on the back of this form may help.





TIPS FOR COMPLETING “MY FAMILY” TREE

i *Tracing Aboriginal and Torres Strait Islander family histories poses a unique set of challenges. Below are some tips to help you find the information you need to complete your ‘My Family Tree’.*

1. **Start with what you already know:** What are your parents’ names? When and where were they born? Do they have any brothers or sisters? Who are your grandparents? Write this into your chart.
2. **Talk to family and community members:** Stories passed down through your family, and interviews with family members, are a key source of information. Since the 1980s, many Aboriginal and Torres Strait Islander people have recorded the life stories of their family and those of other community members. These are useful when tracing your family history.
3. **Births, deaths and marriage records:** These records and certificates can help you fill in the blanks in your family tree. Each state/territory has a registry where you can apply for the certificates of your parents’, grandparents’, great grandparents’ and so on.*
*If they are alive, you will need their permission.
4. **Research your family’s traditional area:** Contact the local historical society of the town where your family is from. These societies are a great source of local and family history. You can pay a small fee for them to do a search on your behalf, or you can become a member and access their resources and facilities directly. Many societies also have indexes to cemetery records, local newspapers etc.
5. **Expand your search:** Look for other sources of information. Historically, governments, organisations and individuals created records about Indigenous people. These include welfare and protection boards, adoption agencies, education and health departments, police, churches, missionaries, anthropologists and other academic researchers. Consider different types of records such as photographs, maps, genealogies.

KEY POINTS TO REMEMBER WHEN RESEARCHING

Name variations: When you look for records, it is important to check all possible spelling and variations of a person’s name. Your ancestors may have used, or been known by, many different names during their lifetime, including a traditional name, kinship name, nickname or married name. Employers or missionaries also changed the names of a child when a child moved to a foster home or training institution.

Record and use all of the information you find: Remember that brothers and sisters share the same cousins and grandparents. Sometimes it is possible to find out more about a particular ancestor, by looking into family members outside your direct lineage.

Research one family line at a time: It can be confusing to try to research your mother’s family and father’s family both at the same time.

Be prepared for what you find: Historical records about Aboriginal and Torres Strait Islander people often reflect the biased and racist views of the white officials, missionaries and station owners who created them, and may contain material, words and ideas that are derogatory and offensive. Records could also contain private and intimate details about you or your family members, or information that conflicts with and challenges, what you know about your family’s history.

Other Useful Resources

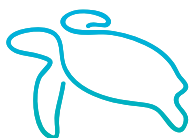
Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS) Family History Unit

| Freecall: 1800 352 553

| Email: familyhistory@aiatsis.gov.au

| Fax: 02 6261 4287

| Website: <https://aiatsis.gov.au/research/finding-your-family>



FEEDBACK AND COMPLAINTS

DETAILS OF FEEDBACK/COMPLAINT

| Tick if you wish to remain anonymous: ☐ | Date: _____

| Name of person providing feedback: _____

| Address: _____

| Phone: _____ | Mobile: _____

| Type of feedback: ☐ Positive ☐ Suggestion ☐ Complaint

| Feedback from: ☐ Client ☐ Community ☐ Stakeholder ☐ Anonymous ☐ Parent
☐ Other

| Details if other: _____

| Received as: ☐ Verbal | Details: _____

☐ Written | Details: _____

FEEDBACK/COMPLAINT *(please add additional pages where needed)*

| **Post to:** South Coast Medical Service Aboriginal Corporation,
Executive Assistant,
PO Box 548 Nowra NSW 2541

| **Or email:** CEO@southcoastams.org.au

| **Other links** Healthcare Complaints Commission <http://www.hccc.nsw.gov.au>

NSW Ombudsman <https://www.ombo.nsw.gov.au/complaints>

| **include:** NSW Department of Education <https://education.nsw.gov.au/how-to-give-feedback-or-make-a-complaint>

OFFICE USE

| Date Received: _____

| Employee receiving the feedback:
(include name & signature)

SCAN HERE TO GIVE FEEDBACK ONLINE

or visit our website: southcoastams.org.au





REGISTRATION OF INTEREST IN FOSTER CARE - page 1 of 3

I/ we have read the Information Pack for potential Carers, including “Matthew’s Story” and: (mark one)

- ☐ I/ we would like to be contacted by a worker from your agency to arrange an Information Sharing Session
- ☐ I/ we have already arranged with your agency to attend an Information Sharing Session

ON DATE: / /

1. Last name

Person 1 Person 2

2. First and middle name(s)

Person 1 Person 2

3. Home address

.....
.....
.....

4. Contact phone numbers

Home Person 2

Work Person 2

Mobile Person 2

5. Email address

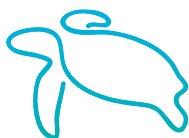
Person 1

Person 2

SCAN HERE TO DOWNLOAD OUR FOSTER CARER BOOKLET

or visit our website for details: southcoastams.org.au





REGISTRATION OF INTEREST IN FOSTER CARE - page 2 of 3

6. Please complete table below for all members of your household

Name (first, middle and last name)	Date of birth	Male or Female	Relationship to Person 1	Relationship to Person 2

7. What language(s) do you speak at home?

.....

.....

8. Are you of Aboriginal background? (mark one)

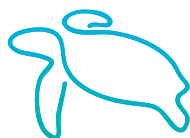
☐ Yes ☐ No

9. Are you of Torres Strait Islander background? (mark one)

☐ Yes ☐ No

10. Have you or any members of your household applied to, or been authorised to be a Carer with any other agencies? (mark one)

☐ Yes ☐ No



REGISTRATION OF INTEREST IN FOSTER CARE - *page 3 of 3*

11. What type of care are you interested in applying for?

- ☐ Emergency care
- ☐ Respite care
- ☐ Interim/ restoration
- ☐ Long term fostering
- ☐ Fostering with a view to guardianship

Signature of Applicant 1 **Signature of Applicant 2**

DATE: / /

DATE: / /

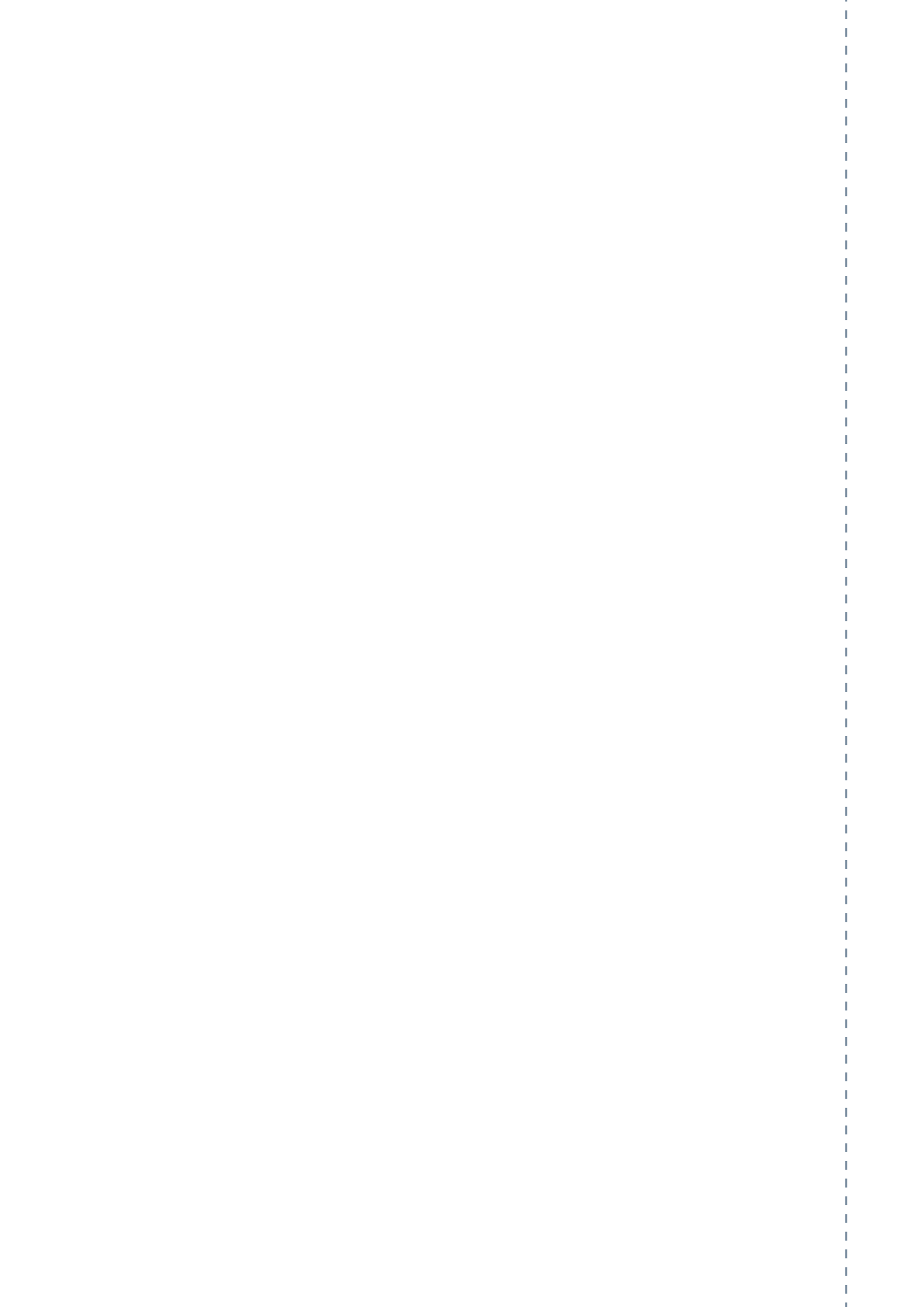
Please return by mail to:

Manager: Permanency Support
PO Box 548
Nowra NSW 2541

Or in person to:

Permanency Support Manager
Level 1, 73 North Street, Nowra

email: psintake@southcoastams.org.au





Our Partnership

We partner to
better support
Aboriginal children,
young people
and families

South Coast Medical Service Aboriginal Corporation (SCMSAC) and William Campbell Foundation (WCF) have partnered together to better support Aboriginal children, young people and families. Our priority is to ensure that Aboriginal children and young people in Foster Care have access to their culture and community.

What our Partnership means

The objective of our partnership is to work together to share knowledge and skill for the development and delivery of programs and services to Aboriginal and non-Aboriginal children, young people and carers.



South Coast
Medical Service
Aboriginal Corporation



**To find out more about
becoming a foster carer you
can contact either agency.**

wcfoundation.org.au 1300 000 WCF
southcoastams.org.au 1800 215 099



SCAN HERE TO SAVE
CONTACT DETAILS

☎ 1800 215 099 or:
☎ (02) 4448 0200
@ admin@southcoastams.org.au
🌐 www.southcoastams.org.au

