

DHARUMBALINK

Autumn 2020, ISSUE NO 15

Connecting our Community



Jane Ardler Centre

Upgrade set to begin in May.

Find out all the latest info

See page 20

Keeping our mob safe

How we are tackling COVID-19

See page 18

Shak Tungai
Female TIS Ambassador

South Coast
Medical Service
Aboriginal Corporation



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Follow us on social media



Message from our CEO

After a dramatic end to 2019, and an even busier start to 2020, our team has faced unprecedented challenges within our organisation, as has our community.

The fires affected all of us in some capacity, and just when it felt like we were regaining a sense of normality, we faced an even bigger challenge with the spread of COVID-19.

Thankfully, we have been able to meet the challenge on the front foot, with government health recommendations swiftly put in place in all our offices and clinics. New policies and procedures were developed and implemented, with all our teams working together to introduce stringent cleaning and distancing measures.

Our Health and Wellbeing team rose to the challenge and were able to quickly adapt to the restrictions and continue safely servicing the health and wellbeing needs of our community.

We encourage anyone suffering and in need of support to get in touch with our experienced Health and Wellbeing team, who are here to provide culturally safe, caring support to all members of our South Coast community.

Our planned upgrade to the Jane Ardler Centre, although partially delayed, is still set to begin construction in June this year. We have been busy ensuring all our temporary locations are ready to go at the time of the Jane Ardler Centre closure.

Great care has been taken to ensure the new design supports our holistic approach to health and wellbeing, and provides an optimal patient journey for our clients. We have also carefully planned to ensure the construction period is as smooth as possible for our valued clients, and we greatly appreciate your patience during this time.

For full details on our temporary locations and the Jane Ardler Centre upgrade, head to page 20 of this newsletter, or visit our website for the latest information.

www.southcoastams.org.au/jac-upgrade

Lastly, I would like to take this opportunity to thank our SCMSAC team who have successfully navigated through this challenging time. Your ongoing resilience is not only felt within the organisation, but also benefits our clients, families and community too.

Craig Ardler

Chief Executive Officer



OUR Permanency Support Team

Family Preservation Program


The Family Preservation Team are currently working with 27 Aboriginal families throughout the Illawarra, Shoalhaven, Far South Coast and Southern Tablelands areas, supporting them to remain safely at home together. The COVID-19 pandemic has proved to be a confronting and challenging experience for a number of the families and Communities with whom we work, however our staff are committed to continuing to provide face-to-face support to our families throughout this time, albeit with additional screening and safety measures in place. We recently received positive feedback from DCJ (formerly FaCS) about the positive results and impact the program is having with Aboriginal families across the districts. The team are also nearing the end of a partnership with Price Waterhouse Cooper (PWC) Indigenous consulting team, funded by Stronger Communities (formerly TFM) to develop evidence based tools and models for working with Aboriginal Communities and families. The team have thoroughly enjoyed the opportunity to work with PWC, and will continue to implement what they have learnt into their day-to-day work with families and Communities.

The program was sad to see one of our Permanency Support Workers, Beverley Moreton, recently depart the agency. We are in the middle of recruiting for the position vacated by Beverley; however, this recruitment has also been affected by COVID-19. SCMSAC would like to thank Beverley for all of her hard work, support and commitment to Aboriginal families along the Far South Coast during her time with our agency, and wish her the very best in all future endeavours.






Community Support Service




Our Community Support Service (CSS) team are continuing to provide services to PSP including family time, transport and essential mentoring, with additional screening and safety measures in place. Unfortunately, because of COVID-19 and the subsequent social isolation requirements, certain CSS activities such as the Living Skills Program, Cultural Camps, and School Holiday Program have been put on hold until Government restrictions are lifted and it is safe to recommence group programs. We look forward to being able to resume the delivery of these activities and programs for our children and young people as soon as possible.

Out of Home Care



The Out of Home Care (OOHC) Program has continued to provide support to all of our children and young people and their carers across the Shoalhaven, Far South Coast and the Southern Tablelands. It has been testing times for our Communities with the spread of COVID-19, however all of our staff, along with our wonderful foster carers have remained committed to ensuring all of our children and young people are safe and supported.

We are currently in a new recruitment faze, sadly we have lost some of our long-standing staff members from the OOHC Program. I would like to take this opportunity to again thank each of these people for their hard work and commitment whilst with our program and I wish them all the best in their future endeavours.



With our recruitment plan, we are again focusing our efforts on the recruitment of more Aboriginal staff from the Community. From our experience working in the OOHC sector, the recruitment of Aboriginal staff has always been a difficult area for the organisation; however, we feel there are people out there within Community who would be very suitable to working within our Program, working alongside everyone in our team to provide culturally appropriate services to all of our children and young people.

In recent months, SCMSAC has engaged Caryn Walsh of Pure Magic International Business Solutions to work with the organisation on the development of a new strategic plan. Through this process, the OOHC team have been lucky enough to participate in a number of team buildings days with Caryn. These days have been challenging, as well as informative and at times fun for all involved which has given everyone the opportunity to continue to grow and support each other as a team whilst continuing to provide the highest level of culturally appropriate services to our Community.


Boori Preschool

Just a friendly reminder that the service is still open during the current COVID-19 pandemic and operating as per usual. We have put measures in place to ensure the safety of our children, families and staff during this time including new cleaning schedules and ensuring that children who are symptomatic are not attending. Only children are permitted to enter the building and parents are signing attendance sheet at the gate to further minimise contact and ensure social distancing rules are adhered to. We have also implemented visible markers at entrance point to further ensure social distancing. We are in regular contact with the Department of Education and are keeping up to date with advice from the Department of Public Health, as well as other regulatory authorities. For the families choosing to continue to self-isolate, we have explored a number of alternative learning options and, based upon family feedback, we are offering weekly take home learning packs. These packs are available for pickup Mondays from 10am onwards and can be collected via a no contact pickup option or bought out by staff. We are endeavouring to do our upmost to support families during these uncertain and unprecedented times, and just a friendly reminder that we are available over the phone Monday-Friday 9am-3pm (4480200 extension 4). We encourage families to keep in touch, as we ourselves endeavour to maintain weekly contact with our families in order to provide support until life as we know it returns to some normality.






Disability Services




Our Ability and Early Links Disability Services hit the ground running this quarter with an influx of Community members reaching out for support around gaining or implementing their NDIS plans. As a team, we pride ourselves in remaining on top of all current opportunities and referral pathways for our clients. Given this, we have seen our most successful period of approved NDIS plans.

Unfortunately, however, all NSW Linker funding ceases on 30th June 2020 so this will be our last Linker Newsletter Update. We are pleased to report over the last 18 months, our team have assisted over 60 clients to successfully gain and/or maintain NDIS plans helped over 40 young people into an Early Intervention Pathway, guided dozens of families to diagnosis and treatment support, reached out to over 20 different Communities and supported some 250 individual clients to find a voice, gain understanding and lead independent lives, irrelevant of any diagnosis. Our team works with recovery focused, person-centred methods and we are eternally grateful to be able to be a part of so many success stories.



SCMSAC are accredited to provide services under NDIS and we're going to maintain our accreditation however, providing disability services at this time is not in line with the strategic direction of the organisation. From June we will be concentrating further on our core business – Health and Wellbeing Programs and the Permanency Support Program and a focus on what we know we do best.



Given this new direction and our limited time, we are currently only accepting referrals for people needing brief intervention (or focused referral pathways/NDIS advice etc.) whilst we work hard to fulfil our commitments to our current clients.

During the next two months, we will see a shift in staffing (you will still see our smiling, friendly faces) as we move to new roles. We will remain committed to supporting our Community and will be able to continue offering knowledge and advice as we have always done here at SCMSAC.

We wish to personally thank all of the staff, management team and Board and most of all our Community for all of the support you have shown, the trust you have put in us and the opportunities given to support you during vulnerable and testing times. The outcomes, smiles, achievements and positive change we have been witness to keeps us pushing to ensure we never stop learning, never stop advocating and never stop believing in our amazing Community.

Carer Recruitment and Support

It is an incredibly busy time for the Carer, Recruitment and Support team as the program continues to grow and we support more children, young people, carers and their families within our Permanency Support Program.

Amy Paton is excited to be the newest recruit as Team Leader, alongside Kate Pratt as they move from their role as Linkers in Child, Families & Disabilities to support the growth of the Carer Recruitment and Support team. Amy and Kate bring knowledge of local community supports and services and NDIS experience that we hope will continue to benefit many of our SCMSAC Carers, Children and Young People.

The Carer Recruitment and Support team continue to develop and implement systems and supports to Carer households. Due to the COVID-19 pandemic, we have had to change processes of face-to-face engagement and look at new ways to support and advocate for our carers. The team are now having regular scheduled phone contact with carers, which compliments carer's connection to the agency and helps our team to strengthen relations and communication. We recognise the challenges isolation brings to our families and applaud their efforts during this period as they wear the hats of carer, educator, entertainer and referee.

To support the essential role of carers we have moved all training to an online or postal format and have provided relevant resources to navigate these unprecedented times. This has included material on self-care and dealing with challenging behaviours, home- schooling tips and My Forever Family "online lounge room" which has free courses for all carers. The team is optimistic that we will soon be delivering in person all training and carer meetings and we look forward to catching up with all our SCMSAC families.



**SCAN HERE
TO DOWNLOAD
OUR FOSTER
CARER BOOKLET**



IMPORTANT NUMBERS



POLICE / FIRE
AMBULANCE

Call 000

My Emergency Contact:

Home:

School:

Aboriginal Legal Aid	1800 765 767
Beyond Blue	1300 224 636
NSW Health Direct	1800 022 222
Centrelink Indigenous Line	1800 136 380
DV/Sexual Assault	1800 200 526
Gambling Support	1800 858 858
Kids Helpline	1800 551 800
Lifeline (24hrs)	131 114
Mental Health Helpline (24hrs)	1800 011 511
Poisons Info NSW	131 126
Police Assistance Line	131 444
QUITLINE	137 848
SES	132 500
Shoalhaven Community Transport	4423 6044

Free call us on:

1800 215 099

ICN 182

South Coast
Medical Service
Aboriginal Corporation



BE SMOKE FREE
BE HEALTHY
BE DEADLY!



Dylan Farrell
Male TIS Ambassador



 South Coast Medical Service Aboriginal Corporation

Tackling Indigenous Smoking

BE SMOKE FREE

BE HEALTHY BE DEADLY!

Our dedicated Tackling Indigenous Smoking team work to promote the harms and risks of smoking in communities. Servicing between Gerroa and the Victorian border, our target communities include: Shoalhaven, Jerrinja, Wreck Bay, Nowra, Far South Coast, Batemans Bay, Mogo, Moruya, Bodalla, Narooma, Wallaga Lake, Bega and Eden.

We offer support in a number of ways including: face-to-face counselling, support groups (Women's, Men's and SMART Recovery), follow up sessions, CO2 readings, school education sessions, brief interventions, and walking groups. We were also fortunate to have secured third party funding for Nicotine Replacement Therapy (NRT), which compliments these supports.

There's never been a better time to quit smoking, so why not contact our deadly TIS team today!

SMOKING & COVID-19

Stop the spread, protect your mob



Most Frequently Asked Questions:

Are people who smoke at more risk of COVID-19?

It's not known for COVID-19 specifically, but it's well-understood that stopping smoking improves lung health with a few months. Rates of lung infections like bronchitis and pneumonia also decrease.

BRONCHITIS – Bronchitis is the inflammation of the larger airways in your lungs, which causes an ongoing cough.

PNEUMONIA – Pneumonia is a lung infection caused by bacterial or viral infection, where the air sacs fill with pus and may become solid.

It is still safe to start or continue to use nicotine replacement therapy and other stop smoking medications?

There is no evidence that COVID-19 has impacted on the safety and effectiveness of these medications. If you are already using these medications, it is safe to continue to do so. You can still access FREE NRT by contacting your Tackling Indigenous Smoking Team on 1800 215 099.

How can I tell the difference between nicotine replacement withdrawal symptoms and COVID-19 symptoms?

People who have recently stopped smoking may experience nicotine withdrawal symptoms, which can include cravings, irritability, and difficulty concentrating. These symptoms are usually temporary and disappear after about 2 to 4 weeks.

Less common symptoms of nicotine withdrawal might include a cough and sore throat, which are usually also temporary. These withdrawal symptoms may be confused with the symptoms of COVID-19. It's important to remember that fever isn't a symptom of nicotine withdrawal.

Where can I get support to stop smoking?

The best thing you can do for your health is to stop smoking. You can get support to quit by contacting your Tackling Indigenous Smoking Team on 1800 215 099 or counsellors at Quitline on 13 78 48, they also have a qualified Aboriginal Quitline who can be accessed on 13 78 48. If you have any questions regarding COVID-19 and all smoking support: ***please contact the Tackling Indigenous Smoking team today!***

Information sourced from Quit Victoria

If you'd like more information & support contact us today!

☎ 1800 215 099 or (02) 4448 0200

🌐 intake@southcoastams.org.au ⓘ ICN 182

🏠 South Coast Medical Service Aboriginal Corporation

Tackling Indigenous Smoking

BE SMOKE FREE

**BE HEALTHY
BE DEADLY!**

SMOKING & COVID-19

Stop the spread, protect your mob



Most Frequently Asked Questions:

Are people who smoke at more risk of COVID-19?

It's not certain that people who smoke are more likely to get COVID-19 but we know that they are at a higher risk of getting lung cancer and chest infections in general. This means it's more likely that people who smoke have a higher risk of getting COVID-19 compared to people who don't smoke.

The hand-to-mouth action of smoking and e-cigarette use means that people who smoke may be vulnerable to COVID-19, as they are touching their face and mouth more often.

Sharing any type of tobacco or smoking product (cigarettes, e-cigarettes or shisha/water pipes) can also increase the risk of spreading COVID-19.

Are people who smoke more likely to have severe complications if they do get COVID-19?

There is growing evidence to suggest that people who smoke are likely to be more severely impacted by COVID-19, because smoking damages the lungs so that they don't work as well.

Lungs naturally produce mucus, but people who smoke have more and thicker mucus that is hard to clean out the lungs. This mucus clogs the lungs and is prone to becoming infected. Smoking affects the immune system, making it harder to fight infection.

There is also evidence that people with other health conditions like cardiovascular disease and cancer are more likely to experience severe complications of COVID-19, smoking increases the risk of many of these conditions.

What if I previously smoked? Am I still at risk of COVID-19?

It's not known at the moment if people who have previously smoked have a higher risk of getting COVID-19 compared to people who have never smoked. People who smoke are at increased risk of lung infections in general, but the lungs do heal pretty fast when people stop smoking. It's not yet known how long is long enough to reduce the risk to the same as someone who never smoked.

If you previously smoked and are now quit, it's likely you'll have a lower risk of severe complications (if you were infected with the virus) than you would have if you were still smoking.

If you'd like more information & support contact us today!

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Tackling Indigenous Smoking

BE SMOKE FREE

**BE HEALTHY
BE DEADLY!**

Stop the spread, protect your mob



**OUR TEAM ARE URGING PEOPLE TO QUIT SMOKING NOW &
REDUCE THE RISK OF SEVERE OUTCOMES IF THEY GET COVID-19.**

One of the risk factors that have been linked to worse outcomes for those who get coronavirus is smoking. Smoking increases the extent, duration and cruelty of infections from other respiratory viruses.

Compared with non-smokers, smokers:

- ✓ Get more cold and worse colds
- ✓ Have much higher rates of the flu infection
- ✓ Get the flu more severely
- ✓ Are at increased risk of bacterial pneumonia

IT'S NOT TOO LATE TO GIVE UP.

Tobacco Smoking is one of the risk factors for Cardiovascular Disease – which is the leading killer among Aboriginal and Torres Strait Islander people. People with chronic health conditions including Cardiovascular Disease are also at a higher risk of dying from COVID-19 than the average population.


Our Tackling Indigenous Smoking Team are available throughout these uncertain times to support you quit smoking. Contact us on 1800 215 099 or (02) 4448 0200 to discuss your options today.

You can help stop the spread
by not sharing drinks, food or cigarettes.

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Tackling Indigenous Smoking

BE SMOKE FREE

BE HEALTHY BE DEADLY!

Stop the spread, protect your mob



It's important to slow the spread of COVID-19, practice good hygiene and social distancing and follow the rules for public gatherings, quarantine and self-isolation. Family gathering are very common and a massive part of Aboriginal and Torres Strait Islander families but it's important during these times that we're thinking of our mob and keeping a safe distance – especially for our elders.

GOOD HYGIENE

Good hygiene includes washing your hands, coughing into your elbow and cleaning your home, workplace and car. You can help stop the spread by not sharing drinks, food or cigarettes.

SOCIAL DISTANCING in public

- ✓ Stay at home and only go out if it's absolutely essential
- ✓ Keep 1.5 metres away from others
- ✓ Avoid physical greetings like handshaking, hugs and kisses
- ✓ Use card instead of cash
- ✓ Travel at quiet times and avoid crowds
- ✓ Avoid public gatherings and at risk groups like older people
- ✓ Practice good hygiene

SOCIAL DISTANCING at home

- ✓ **EVERYONE** is required to stay home unless it's absolutely necessary to go outside.
- ✓ Keeping visitors to a minimum
- ✓ Regularly disinfecting surfaces that are touched a lot like, door handles, light switches, tables etc.
- ✓ Increasing ventilation in the home by opening windows and doors

If someone is sick at home


- ✓ Care for them in a single room, if possible keep the number of carers to a minimum
- ✓ Wear a mask when you're in the same room and have them wear one, always
- ✓ Protect at risk family members by keeping them away from the sick person.
- ✓ At risk people include anyone over 50 and with a chronic illness

If you'd like more information & support contact us today!

South Coast
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Australian Government
Department of Health

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Tackling Indigenous Smoking

BE SMOKE FREE

BE HEALTHY BE DEADLY!

DO YOU WANT TO LIVE A SMOKE FREE LIFE?



The South Coast Medical Service Aboriginal Corporation
Tackling Indigenous Smoking Team are offering **FREE** NRT products!

You can get your voucher today, just ask the reception at the Jerrinja Clinic.

**You can now pick up your product from
CULBURRA PHARMACY just ask the pharmacist!**






 South Coast Medical Service Aboriginal Corporation

Tackling Indigenous Smoking

BE SMOKE FREE

BE HEALTHY BE DEADLY!

Contact the Tackling Indigenous Smoking team today!

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

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Australian Government
Department of Health

Do you want to reduce or stop using methamphetamine (ice)?

Are you...

☒ Aboriginal or Torres Strait Islander?

☒ 16 Years or older?

☒ using ice about weekly for past 3 months?

Then we need you!

We Can Do This is a confidential web based app developed in partnership with South Coast Aboriginal Medical Service Corporation that aims to help you reduce or stop using ice.

All you need is a phone, tablet/iPad or computer with internet, and a commitment to spend 30 minutes a week on the program either by yourself or with support from South Coast Aboriginal Medical Service Corporation.

To be part of this research study go to:

WeCanDoThis.com.au

or contact **wade@southcoastams.org.au**

or **emma@southcoastams.org.au**

0412 422 026 and sign up today!



Health & Wellbeing Services

It has been a challenging year so far for us all with the fire disaster in NSW and the current COVID-19 pandemic, we have however observed a lot of strength and resilience among our communities and endeavour to continue to do what is needed in order to care for the health our communities.

There has been a significant amount of advice and information already provided to our health professionals in order for us to remain open on the frontline and maintain the safety of all staff and patients of the service. As a result, we have implemented a range of safety measures such as clinical and epidemiological screening for all visiting persons to the clinics, to which staff and patients may have already noticed. We do thank all visitors for adhering to these measures and remind all to please put safety first, and continue to adhere to such measures and current government restriction, in order for us to overcome the outbreak of COVID-19.

Are you still taking referrals?

Yes, we are still taking referrals! Referrals can be emailed to: intake@southcoastams.org.au

Once referrals are received, we will call you to book an appointment to complete an intake screening. Intake screenings are being completed over the phone and take around 45 minutes to complete. A staff member will then make contact with you.

Referrals for Groups are still being accepted. Group programs are on temporarily postponed. However, referrals will be placed on a waiting list and be contacted as soon as groups recommence.

Our Wellbeing team continue to provide support to clients and other services during these times both over the phone and via limited home/community visits.

We recognise that the evolving nature of this outbreak has required health advice to evolve rapidly with the emerging epidemiology. This has made it more challenging for people to keep up to date with the latest advice and has led to some confusion and a perception of inconsistency of information/information gaps. As the government addresses this, we will be enhancing communication to our community and patients by ensuring we provide up to date information on our communication platforms such as our website and facebook page. If you feel you haven't been able to access health services or the current situation may be impacting your health and wellbeing, please call us and speak with our triage nurse or Aboriginal Health Worker.

Have you & your mob had your Flu Shot?



GET YOUR FREE FLU VACCINE WITH US!

*& while you're here, why not book in for
your annual 715 Health Check as well!*

call us today!

- ◎ The flu can be caught by anyone at any age. Some people, like kids, pregnant women and our Elders need to be more protected.
- ◎ The vaccine reduces the risk of getting the flu and prevents the virus spreading to others – it is safe and you cannot catch the flu from the vaccine (as it is not a live virus).
- ◎ If you do get the flu – stay home and rest, sneeze and cough into your elbow (not your hands) and wash your hands regularly with soapy water or a hand sanitiser.



South Coast
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☎ 1800 215 099 / option #1
@ intake@southcoastams.org.au
🌐 www.southcoastams.org.au
f follow us: @scmsac ⓘ ICN 182

WE ARE ON THE MOVE

*temporary
move for the*

JANE ARDLER CENTRE

As you may already be aware, the renovations on the Jane Ardler Centre will be commencing in June 2020. This means, our GP and other health providers will be temporarily located at 1 McGrath Ave Nowra (picture 1). For any appointments on or after the 18th May 2020, unless it's a telephone or telehealth consult, you may be required to attend the new location. Please remember to practice social distancing and if possible, only the person with the booked appointment should attend, with the exception of children, or those in your care.

Where do I see my counsellor?

We have also moved our Wellbeing team (Counselling and Case Management services) just up the road from the Jane Ardler Centre, to Caledonia House, 59 Berry Street Nowra (picture 2). Once COVID-19 restrictions ease, you will be able to visit reception on the ground floor for your appointments. In the meantime, we are continuing to conduct telephone appointments, although keep an eye out on our facebook page and website for updates!

Where will the Dental team be located?

Our Oral Health services are also relocating, but not too far. As from the 25th May 2020, we will be located in the Nowra Dental Clinic at 9 Lawrence Avenue (picture 3). We will ask all booked patients to first attend to reception at Caledonia House (59 Berry Street) 15 mins prior to the scheduled appointment time for checking in and COVID-19 screening. Once checked in and screening has been passed, dental patients will be given a checkin-card and be directed to the Nowra Dental Clinic reception for their appointment.

Update on the outreach clinics

The outreach clinics in Wreck Bay and Jerrinja remain open during this time. We have installed Telehealth facilities in each clinic to support access to GP's and other health providers. The SCMSAC will be increasing the operating days of both clinics to two days per week each by the 18th May 2020. We are also working closely with the Illawarra Shoalhaven Local Health District and other service providers to increase services to these areas.

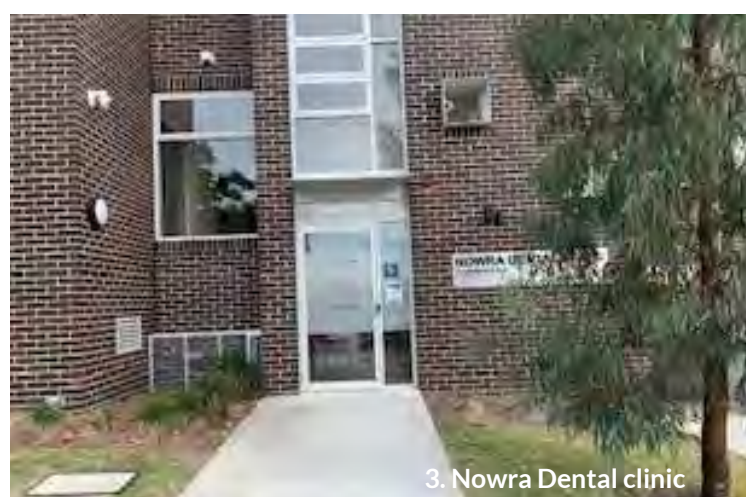
If you would like to know more about health and wellbeing services, please call us today!

Wreck Bay clinic

Monday and Thursdays
from 9:30am to 4:00pm

Jerrinja clinic

Tuesday and Fridays
from 9:30am to 4:00pm



**Coronavirus
(COVID-19)**

KEEP OUR MOB SAFE, WASH YOUR HANDS.

**CORONAVIRUS IS A SICKNESS THAT CAN
SPREAD FROM PERSON TO PERSON.**

TO STOP THE SPREAD:

- Cover a cough with the inside of your elbow instead of your hand
- Where possible wash your hands with soap and water for at least 20 seconds – do this after you cough, sneeze, go to the toilet and before you make any food
- Avoid touching your face with dirty hands – especially your eyes, nose and mouth. This is where the virus can enter your body
- Remember if you feel unwell, stay at home



WE CAN ALL STOP THE SPREAD IN OUR COMMUNITIES

**IF YOU ARE
FEELING
UNWELL
YOU CAN...**

Call your local **medical
service, health clinic**
or **someone you trust.**

Call the 24 hour
**National Coronavirus
Helpline** on **1800 020 080.**

Find out more information
about **coronavirus** by
visiting **australia.gov.au**



**DOWNLOAD THE APP
VISIT AUSTRALIA.GOV.AU**



Australian Government

Welcome to

South Coast Medical Service Aboriginal Corporation

Please be assured we are keeping our clients safe by following all the standards & recommendations from the Public Health Unit. These include:

- ✓ **Regular cleaning of frequently touched surfaces**
door handles, chairs, tabletops, light switches, rails
- ✓ **Regular cleaning of all other surfaces**
floors, ceilings, walls, blinds
- ✓ **Promoting cough etiquette & respiratory hygiene**
- ✓ **Providing alcohol-based hand rub for staff & clients**
- ✓ **Up-to-date training for staff on the latest standards**

For further information or questions, please speak to reception.

Look who's in our ↪

EMPLOYEE

SPOTLIGHT



Sunil Surapaneni
SCMSAC DENTIST

Tell us a little bit about your role at the SCMSAC

I am the Dentist at SCMSAC involved in providing routine and advanced clinical care to my patients in the community. I am also involved in leading and supporting dental team and also in design of our new dental surgery.

What do you like most about your role?

I enjoy interacting with a wide range of people and restoring confidence in smiles of my patients.

What are your proudest moments at SCMSAC?

Proudest moment at SCMSAC is achieving accreditation for 4 years without any recommendations from the accrediting body for the first time.

What do you like to do when you're not at work?

I like spending time with my family, travelling and watching movies.

**Want to
work with us?**

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

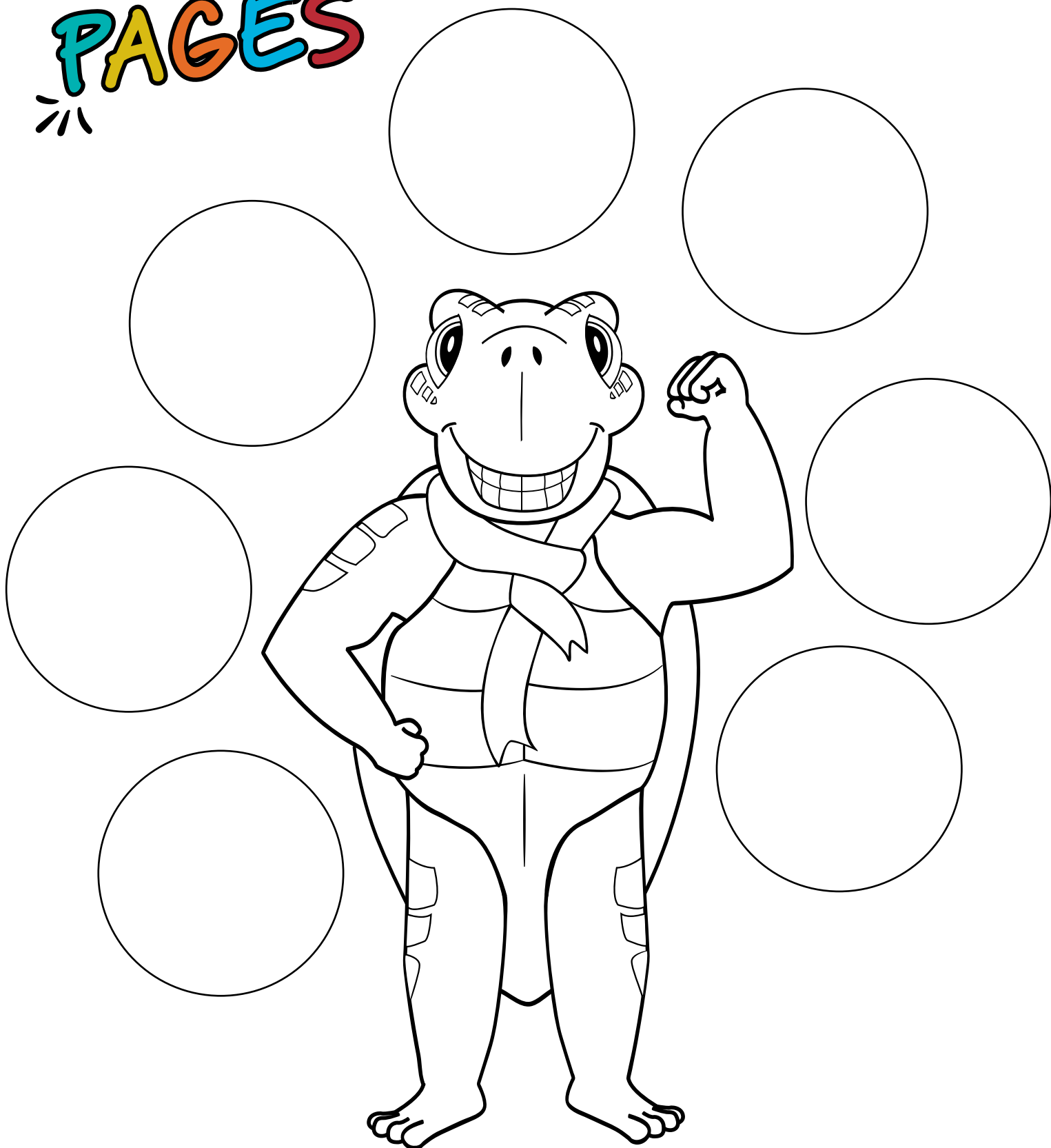
**SCAN HERE TO VIEW OUR
CURRENT VACANCIES**





BOORI PAGES

Write in the circles below
all the things that make you
strong, proud & deadly



Kindness cards

Use these cards to share something you are grateful for with your friends and family.

Dear:

Thank you for:

.....

.....

.....

From:



Dear:

Thank you for:

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From:



Dear:

Thank you for:

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From:



Dear:

Thank you for:

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From:



Dear:

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From:



Dear:

Thank you for:

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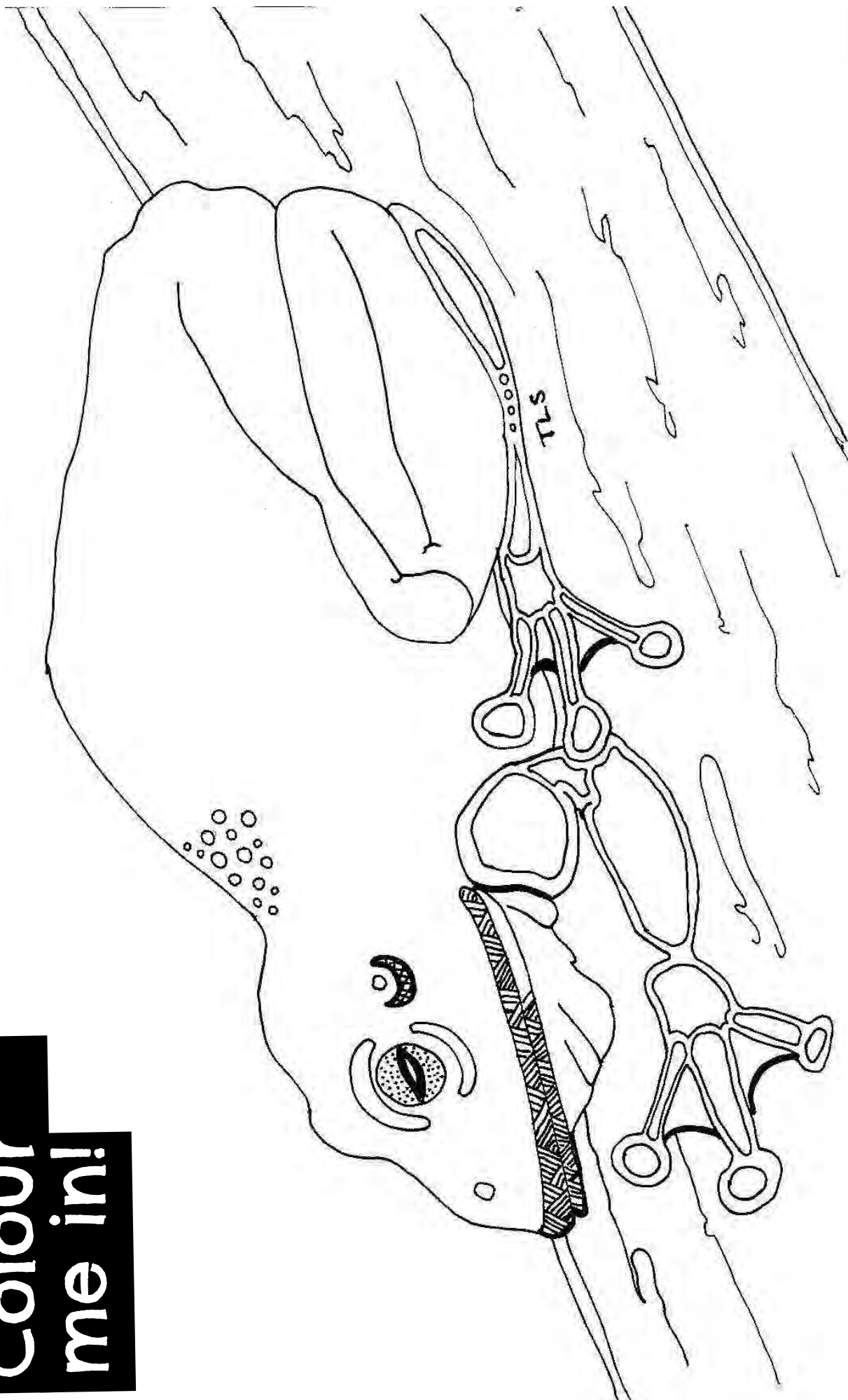
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From:



Colour me in!



Traditional Games Word Search



Name: Leilani Farrell

Meet Leilani

Q: What's been your favourite thing to do during lockdown?

A: I got to move into my new house, my Auntie had a baby, making lots of TikToks and swimming in my new pool

Q: What is your favourite food?

A: Nachos or tacos!

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

A: Turn invisible or fly

Where would you like to go once the restrictions are over?

A: I would like to go to Bali because my holiday got cancelled in March, I really want to go back there

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

A: I want to be a famous singer or a famous artist like my Mum, she always does Aboriginal dot paintings

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

BUSH
EXERCISE
GAMES
LAND
SKILLS

CHILDREN
FITNESS
GATHERING
LEARNING
SURVIVAL

COORDINATION
FUN
HUNTING
SHARING
TRADITIONAL



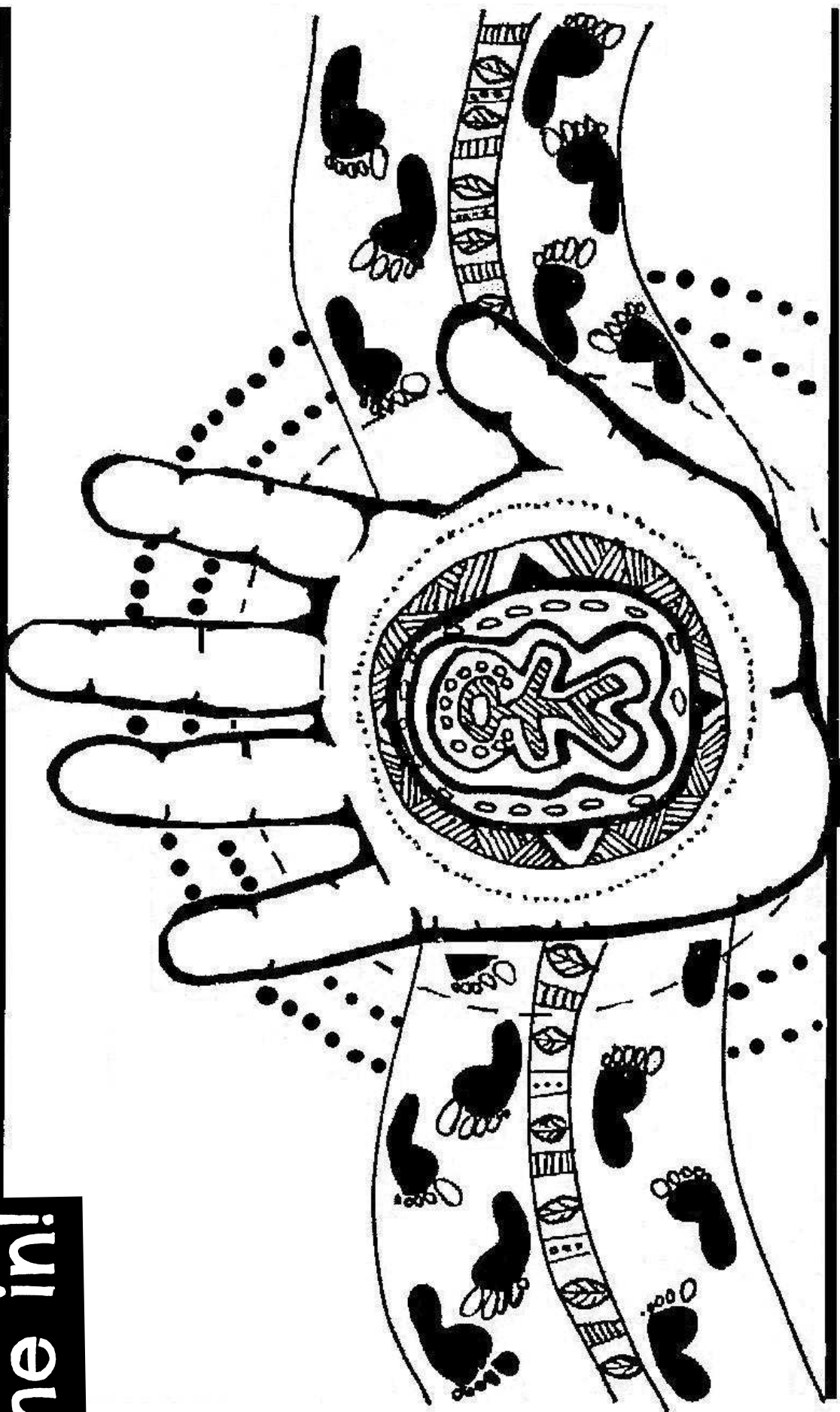
My favourite TV show
right now is

Joke Corner

Q: What music frightens balloons?

A: Pop music.

Colour
me in!



T.L.S.

Way's you can ↘

CONTACT

OUR TEAM

Interested in becoming a member?



With our ever-growing services, the best way to stay informed about goals, strategic plans, up-coming events and NSW services, is by becoming

a member. If you are over 18, reside in the areas between Helensburgh, NSW and the Victorian border (South Coast, NSW) and are of Aboriginal and/or Torres Strait Islander descent, you are eligible to become a member. Scan this QR code to find out more, or visit our website.

Confirmation of Aboriginality



The Confirmation of Aboriginality certificate acknowledges that you are known to your community as an Aboriginal person.

Your Aboriginal confirmation form can be asked of you when applying for Indigenous specific services or programs. To apply for Confirmation of Aboriginality through SCMSAC, or to find out more about the process, scan this QR code or visit our website.

Give us Feedback



If you'd like to give us feedback on services and programs you've experienced, or would like to suggest an idea, we'd love to hear from you. Scan

this QR code to be taken to our feedback page, or visit our website.

Update your details



Do you need to update your details with us? Members, clients and carers are encouraged to contact us to ensure we have the latest

contact details for you. Scan this QR code to update your details online, or visit our website.



Calling the South Coast Medical Service Aboriginal Corporation

If you know the extension number of the person you are calling, you can dial it at any time

Extension Number

If you know the 4 digit extension number of the person you are calling, you can dial it at any time to be put through to them

9 Dial '9'

To hear all the options again

1 Health & Wellbeing Services

Reception, Doctor, Dentist, Health & Wellbeing Team, Group Programs & Drug & Alcohol Support

2 Permanency Support (PSP)

Previously Out of Home Care (OOHC)

- # 1 PSP OOHC Casework
- # 2 Carers Support
- # 3 Preservation & Family Support
- # 4 Community Support Services

3 Disability Linkers Services

Early & Ability Linkers

4 Boori Pre-School

Albatross Road, Nowra

PRESS '0'

If you are unsure of where your call should go, dialing zero will put you through to an operator

6 CEO

Executive Office

5 Shared Services

- # 1 Finance
- # 2 Human Resources
- # 3 Transport and Maintenance
- or Hold to speak to a Team Member

Frequently called numbers:

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"To us, health is about so much more than simply not being sick. It's about getting a balance between physical, mental, emotional, cultural & spiritual health. Health & healing are interwoven, which means that one can't be separated from the other."

Dr Tamara Maclean - Aboriginal Doctor

South Coast
Medical Service
Aboriginal Corporation



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

SCAN HERE TO SAVE
CONTACT DETAILS

