

# DHARUMBALINK

Winter 2020, ISSUE NO 16

Connecting our Community



**New focus for  
our Permanency  
Support team**

*See page 4*

**Ready  
to quit  
smoking?**

**LET OUR DEADLY  
TIS TEAM HELP YOU**

*See page 11*

**NIMAC Program**

*Tackling the increasing use of  
methamphetamines in regional  
communities See page 17*



SCAN THE QR CODES TO GO DIRECTLY  
TO THE WEBSITE ON YOUR SMART PHONE!



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 don't appear in your settings, your device unfortunately can't scan QR Codes. But don't worry, simply download a QR Code reader app in your app store.

Follow us on social media



SCAN HERE TO SAVE  
CONTACT DETAILS

South Coast  
Medical Service  
Aboriginal Corporation



- (02) 4448 0200
- [admin@southcoastams.org.au](mailto:admin@southcoastams.org.au)
- [www.southcoastams.org.au](http://www.southcoastams.org.au)
- follow us: @scmsac ICN 182



# Message from our CEO

There's no doubt we have all felt the impact of COVID-19 this year, and in these trying times it is more important than ever that we stay connected and to help care for each other. The SCMSAC is committed to working with other health service providers in our region to do our bit to help protect our community.

In order to do this we have had to change a lot of our practices and I have been very pleased to see the innovative ways our team has found to continue to deliver our services to our clients, our community, and each other.

One way we have done this is through the introduction of new software programs, processes and systems, which has subsequently enabled us to continue providing quality services and support during this difficult time. For example, our Health & Wellbeing team have developed new and fun resources for our local kids to help support their social and emotional wellbeing, connect to culture, and to give them something fun to do during isolation.

We have also been busy creating COVID care packs for members of our community. The packs include key information on COVID-19, hand sanitiser, masks, wipes, and other cleaning items. We are working on getting customised, reusable, cotton face masks made to further support our community's safety and wellbeing. If you would like to get one of these packs please let our staff know next time you are in.

Despite the challenges of COVID, the renovation of the Jane Ardler Centre has commenced and is going very well. If you would like to see what's happening, we have posted some photos and a virtual tour on our website.

We hope that we will be able to welcome community members back into the Centre in early 2021. The renovations will allow us to provide you with a wider range of GP, allied health and specialists services than we have been able to do in the past.

The renovations will include a visual display showing parts of the SCMSAC journey from its beginnings in a caravan in central Nowra in the 1970s, through to the purpose built, culturally appropriate facility that we are in the process of building for you.

The display will have 3 main elements:

- Pictures and stories of the individual community members who were instrumental in establishing the Organisation;
- Key events in the history of our service; and
- Historical Information on the communities we serve.

The information will be displayed along the walls of the Jane Ardler Centre and will also be part of an audio visual display which patients can view at the Jane Ardler Centre.

For example, in the early 1970s we received great support from the Redfern Aboriginal Medical Service. They "loaned" us one of their doctors and gave us a car that we used to transport our patients. The car was an old, brown Holden station wagon. It was unreliable and often overheated and broke down, but it helped a lot of sick people access medical services when they needed it. The old car is symbolic of the efforts that went into providing health services for our mob in those days. If anyone has a picture of that car, please let us know.

I would like to invite community members to participate in the project. If you have a story about the early days of the SCMSAC or a photograph you would like to share, please feel free to contact Jess on 4448-0200 extension 6.

I am pleased to let you know that we were successful in obtaining funding from the NSW Department of Health to develop and deliver an Aboriginal Youth Mentor and Counselling Program aimed at supporting the needs of male and female adolescents 13-18 years of age. This Program will build on, and supplement our existing programs, which include the Strong Foundations Program and the Aboriginal Mentor and Counselling Project.

Finally, the Board of the SCMSAC made a strategic decision early this year to transfer Boori Preschool to Cullunghutti Aboriginal Child and Family Centre, who took on sole management and responsibility in July. Cullunghutti are Early Childhood specialists, and are dedicated to providing quality education outcomes for our children.

I would like to thank all children and families who have attended and supported Boori Preschool during our tenure.



**Craig Ardler**  
Chief Executive Officer

# OUR Permanency

## Support Team

### Out of Home Care Program

During the month of May, the Out of Home Care Program participated in further audits from the NSW Office of the Children's Guardian (OCG) for our re-accreditation. Feedback from the OCG was positive, where they identified further improvements to our casework practices, systems, processes and the support we are providing to our children, young people and their carers.

Despite the ongoing crisis with COVID-19, the Out of Home Care team have remained committed to ensuring all of our foster care placements have been well monitored and supported. At times, regular face-to-face contact has proven difficult. Despite this, we have been fortunate, as our staff and our wonderful foster carers have worked well together, to minimise the impact of COVID-19 on our children and young people.

Staff recruitment continues to be a major focus for the program. We recently advertised six new Permanency Support Worker (PSW) positions. The PSW positions are spread across three office locations; Nowra, Goulburn and Batemans Bay. The PSP Role is a great opportunity for anyone with the skills, qualifications and passion, to work in the community service sector. If you would like to enquire about any of the advertised positions, please contact us. You will be working with a great team, supporting our children and young people to remain connected to their families, community and culture.

PSP staff were invited to attend a Morning Tea at Nowra Department of Communities and Justice (DCJ) to mark the 2020 Sorry Day on Tuesday, 26th May. Members of the DCJ spoke about the meaningful work being carried out in the Community, and the impact it has had on them personally.





## Carer Recruitment & Support

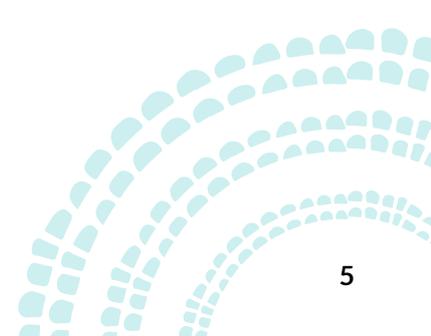
The Carer Recruitment & Support team have had another incredibly busy period supporting our current and new carers. We would like to welcome our new carers, and thank all our families for the amazing role they continue to play in the lives of children and young people. We continue to grow, progressing through the DCJ reforms, which include all Aboriginal children in foster care with DCJ and non-Aboriginal funded service providers, transitioning to an Aboriginal provider.

### ***We welcome enquiries from our local communities for anyone interested in becoming a foster carer.***

We acknowledge that this year has been particularly challenging for our community as a result of the bush fires, floods and the COVID-19 pandemic. We have reviewed and changed the way we provide our support to carers such as:

- ☉ the provision of a COVID-19 care pack;
- ☉ regular phone contact to supplement face-to-face support;
- ☉ providing access to relevant on-line training; and
- ☉ strengthening collaboration and working more closely with PSW's for continuity of support.

We aim to commence our Carer Morning Teas again when social distancing restrictions ease. We would appreciate everyone's thoughts on the best way to facilitate this so, Carers; if you have any ideas, please discuss with your Carer Support contact person when they next call you.



## Family Preservation

The Family Preservation team recently received great feedback from DCJ on how we support Aboriginal families within the Community to remain safely at home together. Some of the wonderful results we have supported our families to achieve will be featured in upcoming state-wide DCJ newsletters as good news stories.

The Family Preservation team have concluded the pilot project with PWC Indigenous Consulting on building culturally appropriate evidence-based tools for Aboriginal families and Community. The team found the project helpful in sharpening our skills. We now have some very useful tools to demonstrate the positive changes that families are making and maintaining.

We are also re-commencing the Black Box Parenting Program for families working with our Family Preservation team and Targeted Early Intervention team (TEI - formerly the Family Support team). The program is facilitated by Emily White, and we hope to continue facilitating the program throughout 2020.

Our Targeted Early Intervention team recently filmed a video for the Sanctuary Point Family Support Virtual Expo Day that was launched on the 29th June 2020. The video is designed to make it easier for the Community to be able to access our service, and we look forward to working with more of our Community as a result.

## Transfer of Boori Preschool

After five years operating Boori Preschool for our Koori children, SCMSAC have made a strategic decision to transfer Boori Preschool to Cullunghutti Aboriginal Child and Family Centre. Cullunghutti are early childhood specialists and are dedicated to providing quality education outcomes for our children and, as an Aboriginal organisation, they are committed to continuing Aboriginal Community involvement, management and oversight. Cullunghutti are committed to providing the best possible outcomes for the children and families at Boori.

We would like to congratulate two existing SCMSAC staff who were successful in securing employment with Cullunghutti, and will continue to support the children throughout and after the transition. SCMSAC operation of the preschool ended on the 3rd July with Term 3 beginning under the operation of Cullunghutti Aboriginal Child and Family Centre.

To enable a smooth transition and continuity of services, SCMSAC board and management have made a commitment to transfer all of Boori Preschool's assets, including the bus, to Cullunghutti Aboriginal Child and Family Centre.

The Educators at Boori Preschool, and the South Coast Medical Service Aboriginal Corporation, thank current and past parents and carers for all the support over the years.



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



# Can you spare one weekend a month?



- ✓ Do you have room in your heart and home for a child?
- ✓ Do you have one free weekend a month?
- ✓ Can you offer a safe and loving environment?

## What is a respite carer?

A respite carer is someone who can provide temporary relief for a full time carer. Respite for a child can be planned or offered during emergencies or times of crisis, such as illness. It can be overnight, weekends, school holidays or even a couple of hours after school each week.

## But what if I get too attached?

*"The 'too attached' is one of the main reasons people say no to foster care. But if not me then who? Who is going to step in for these kids when they need someone most? Who will love them? Who will fight for them? I learned Foster Care isn't about me, it's about them. Now I gladly get attached because that is what they need most."* SCMSAC Respite Carer

*"The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love."* Bruce D. Perry



## What support is offered to carers?

- ✓ 24 hour on-call support
- ✓ Financial Support
- ✓ Specialist Support
- ✓ Professional Training & Development
- ✓ Carer Networking Group

**YOU COULD BE THE DIFFERENCE IN A CHILD'S LIFE!  
ENQUIRE ABOUT BECOMING A RESPITE CARER TODAY!**

(02) 4448 0200 / option 2  
[psintake@southcoastams.org.au](mailto:psintake@southcoastams.org.au)



**BE SMOKE FR**  
**BE HEALTHY BE DEA**  
Speak with your GP about quitting smoking today

South Coast  
Medical Service  
Aboriginal Corporation





# THE BEST TIME TO START YOUR QUIT JOURNEY IS TODAY!

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.

Keep an eye out for the Tackling Indigenous Smoking billboard in Brogo, north of Bega that features our Community Champion Aunty Colleen Dixon.

Our Tackling Indigenous Smoking Resource Packs are still available and can be accessed at our clinics at Jerrinja, Wreck Bay, McGrath Ave and Caledonia House Nowra. Contact our team today for more information.



# USING NICOTINE REPLACEMENT THERAPY WHILE PREGNANT

*Evidence shows using Nicotine Replacement Therapy (NRT) while pregnant is much safer than continued smoking. NRT delivers lower levels of nicotine to the fetus.*

Compared to cigarettes, NRT does not contain any other harmful chemicals including:

- ✓ **ACETONE:** found in nail polish remover
- ✓ **BUTANE:** used in lighter fluid
- ✓ **LEAD:** used in batteries
- ✓ **TAR:** material for paving roads

These are just 4 of the 7,000 chemicals in a cigarette.

## Are you a breastfeeding mother?

Nicotine levels in an infant from NRT use while breastfeeding are low and unlikely to cause harm.

## IT'S NEVER TOO LATE TO QUIT

*For more information please call your Tackling Indigenous Smoking Team or call your local Medical Centre and consult with your GP.*

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



Australian Government  
Department of Health

South Coast Medical Service Aboriginal Corporation

Tackling Indigenous Smoking  
**BE SMOKE FREE**

**BE HEALTHY  
BE DEADLY!**

# 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.

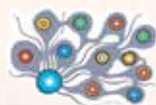
To be part of this research study go to:

**[WeCanDoThis.com.au](http://WeCanDoThis.com.au)**

or contact [wade@southcoastams.org.au](mailto:wade@southcoastams.org.au)

or [emma@southcoastams.org.au](mailto:emma@southcoastams.org.au)

**0412 422 026** and sign up today!



# Health & Wellbeing

With renovations on the Jane Ardler Centre well underway, our Health & Wellbeing services are fully functioning at our temporary locations.



1 McGrath Ave Nowra



59 Berry St Nowra

## GP & health related services

Our GP and other health providers are temporarily located at **1 McGrath Ave Nowra**, across the road from Harry Sawkins Park.

Allied Health Clinics are held at **Caledonia House, 59 Berry St Nowra** and include:

- ✓ Optometrist every 2nd Friday
- ✓ Podiatrist every Wednesday
- ✓ Psychologist 5 days per week

Speak to your GP/Health Worker about a referral.

## Wellbeing services

Our Wellbeing team (Counselling and Case Management services) along with our Family Preservation team, are both settled into their new location at **Caledonia House, 59 Berry St Nowra**, just up the road from the Jane Ardler Centre. 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, but keep an eye out on our Facebook page and website for updates!



*COVID-19 restrictions and requirements may change the way we deliver our services at any time. For the latest info on our Health & Wellbeing services visit our website, or call our friendly team.*



*The Jane Ardler Centre under construction*



*9 Lawrence Ave Nowra*



*Wreck Bay Clinic*

## Dental health services

Our Oral Health services are now operating from their temporary location in the Nowra Dental Clinic, located at **9 Lawrence Ave**. We now ask all booked patients to first attend to the reception at **Caledonia House (59 Berry St)** 15 minutes prior to the scheduled appointment time for checking in and COVID-19 screening. Once patients are given the all-clear and their check-in card, they are then directed to the Nowra Dental Clinic for their appointment.

We have also reopened our walk-in Dental Clinic on Fridays from 9:00am - 3:00pm. If you are in pain, have swelling or bleeding, or have experienced acute trauma to the teeth/gums, you may attend the walk-in Clinic. Patients will need to visit reception at **Caledonia House** for screening before attending the Dental Clinic. Patients will be triaged strictly according to the above criteria and availability is limited, so we encourage patients to book regular appointments in advance.

## 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.

We are also working closely with the Illawarra Shoalhaven Local Health District and other service providers to increase services to these areas.

### **Wreck Bay Clinic**

Mondays: 10:00am - 3:00pm

### **Jerrinja Clinic**

Tuesdays & one Friday per month  
10:00am - 3:00pm

All Allied Health Clinics and events are communicated through our social media.

Look who's in our ↷

**EMPLOYEE**

**SPOTLIGHT**



**Emma Donley**  
HEALTH & WELLBEING PROJECT OFFICER

***Tell us a little bit about your role at the SCMSAC***

I am a Health & Wellbeing Project Officer, at South Coast Medical Service Aboriginal Corporation. I provide direct client service delivery to individuals and facilitate a range of programs to reduce substance use and improve social and emotional wellbeing among local Aboriginal Communities.

***What do you like most about your role?***

I enjoy collaborating with other employees, interacting with the community and benefiting our Aboriginal communities. I really enjoy being part of the Health and Wellbeing team, working in an extremely supportive environment with fellow colleagues who make each day pleasant.

***Tell us a little about a project you are working on at the moment***

One of the projects I am involved in is the Novel Interventions to Address Methamphetamine Use in Aboriginal and Torres Strait Islander Communities (NIMAC) study, which represents the first research into methamphetamine use in Aboriginal and Torres Strait Islander communities. This is the first trial aimed at reducing methamphetamine use and addressing harms associated with its use in those communities.

The NIMAC study is a collaboration between the South Australian Health and Medical Research Institute (SAHMRI) and Flinders University, and participating Aboriginal Community Controlled Health Organisations and affiliates, with funding provided by the National Health and Medical Research Council.

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

**We Can Do This** is a confidential web based app developed in partnership with NIMAC that aims to help you reduce or stop using ice. To be part of this research study, or to find out more go to: [WeCanDoThis.com.au](http://WeCanDoThis.com.au) or contact [emma@southcoastams.org.au](mailto:emma@southcoastams.org.au)



The NIMAC study has been developed in response to growing concern about the increasing use of methamphetamines in Aboriginal and Torres Strait Islander communities, particularly in regional and remote areas of Australia. Despite intermittent media attention and community focus on the issue, major gaps exist in our knowledge regarding patterns of methamphetamine use in Aboriginal communities.

Communities have called for assistance, including research, to tackle the issues that they see impacting the physical, emotional and social wellbeing of methamphetamine users, their families and friends and whole communities.

The fourth stage of the NIMAC study is to implement a randomised trial “We Can Do This’ app to provide evidence on the feasibility, acceptability and of a web-based therapeutic program for testing methamphetamine dependence in Aboriginal Community Controlled Health Services.

### ***What are your proudest moments at SCMSAC?***

Proudest moment is having the opportunity to work in different sections of the organisation. It has expanded my skills and knowledge of the community that I work in and allows me to work closely with the local Aboriginal communities.

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

I enjoy spending time with family and friends, and I love getting out for a walk or an adventure.

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**



Coronavirus

**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.*

# 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!*

- ◎ 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  
Medical Service  
Aboriginal Corporation

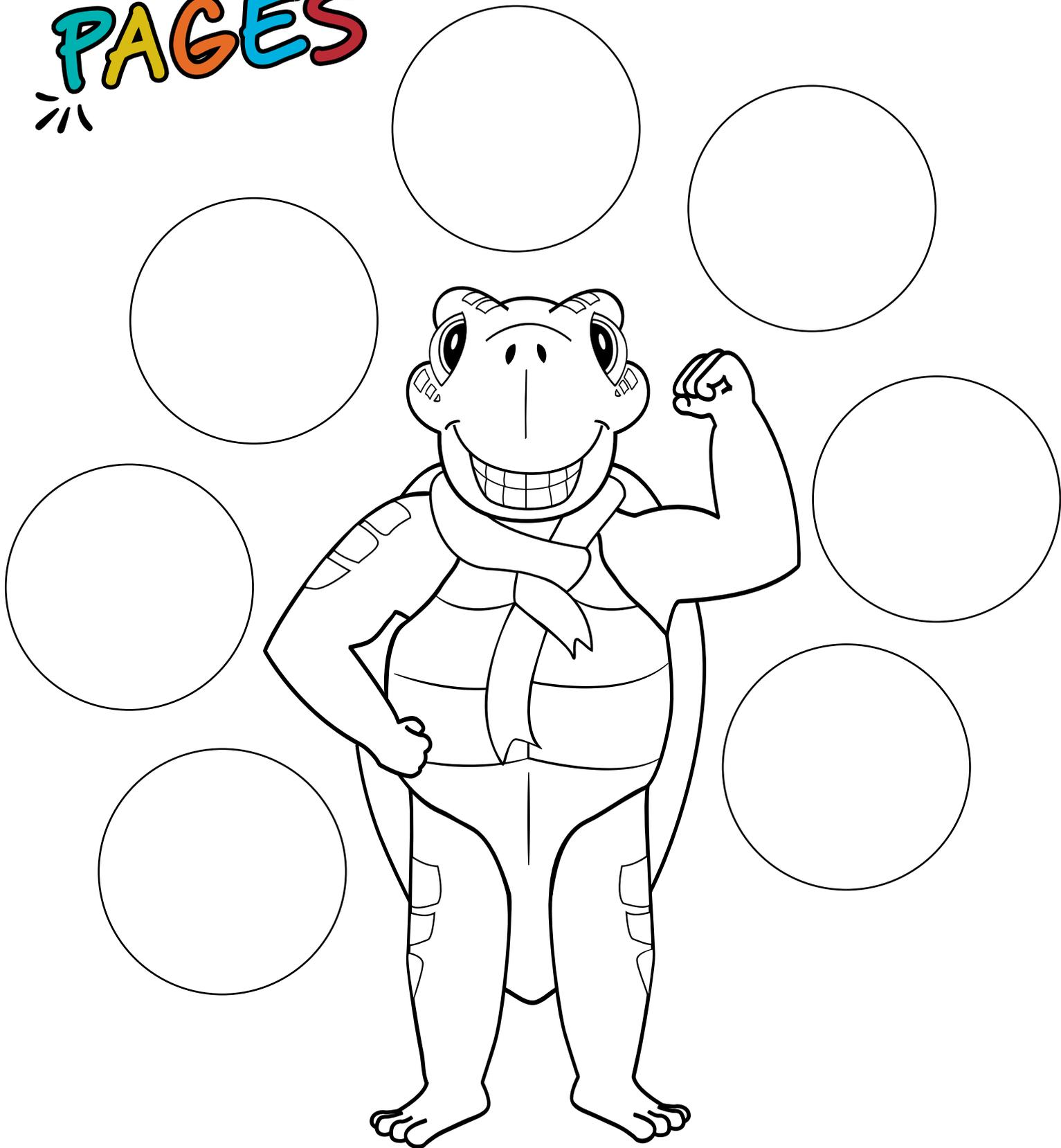


- ☎ 1800 215 099 / option #1
- @ intake@southcoastams.org.au
- 🌐 www.southcoastams.org.au
- f follow us: @scmsac ⓘ ICN 182



# BOORI PAGES

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



# Affirmation cards

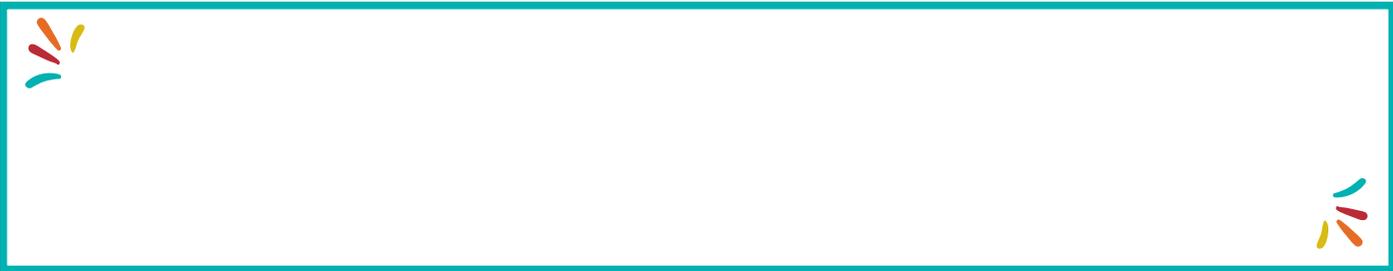
## What are affirmations?

Everything that we say to ourselves out loud, or in our thoughts, is an affirmation. They can influence our behaviour, thinking patterns, habits and our environment (school, home etc.) Noticing our affirmations can help us identify when our feelings and emotions are positive or negative.

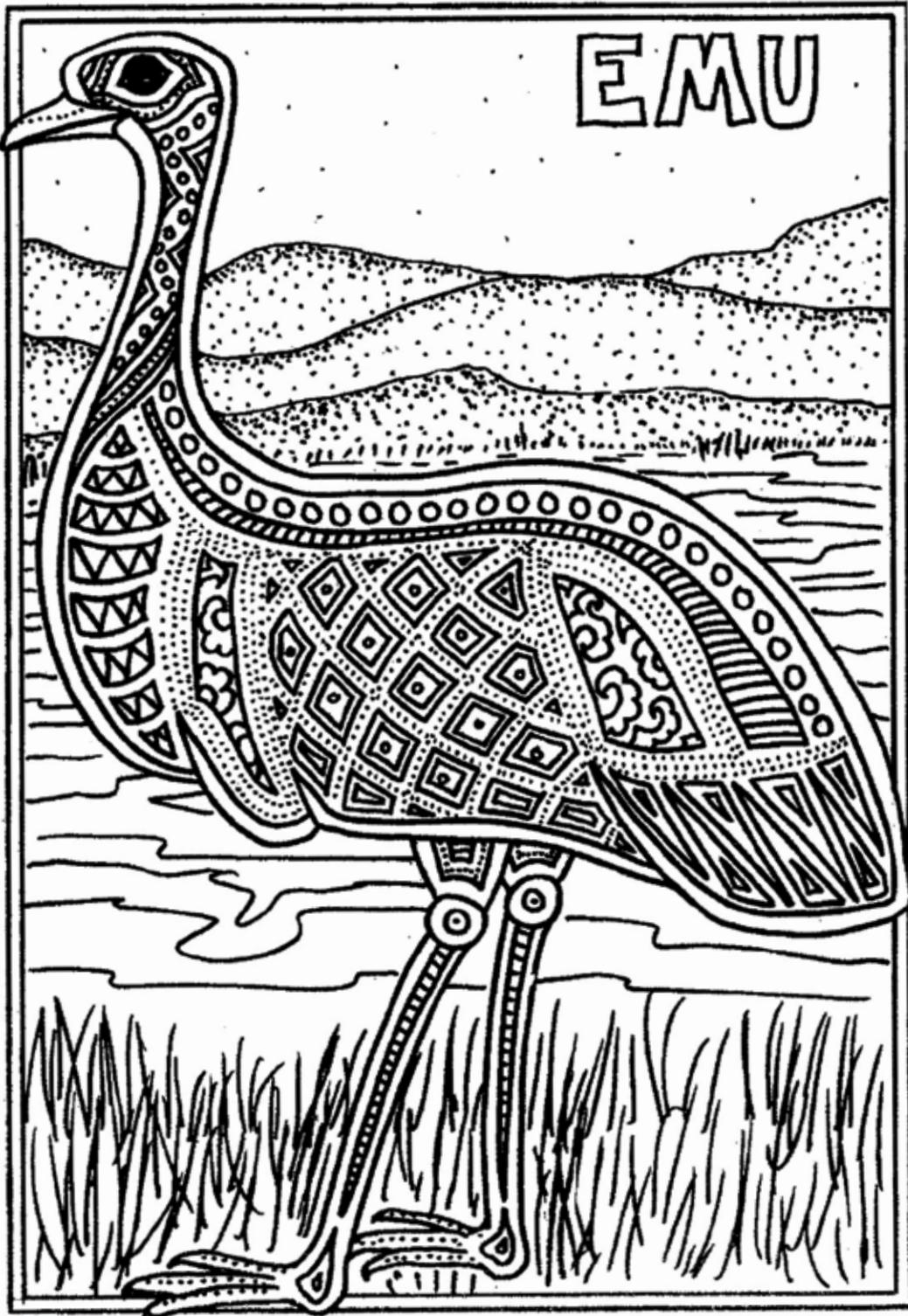
## What do positive affirmations do?

They motivate you, keep your mind focused on your goals, change the way you think and behave, and can help you communicate with others. Positive reminders make you feel positive, energetic and active, which can put you in a better position to deal with your emotions and feelings.

 Create your own affirmations below 



Colour me in!



# Understanding self & others word search

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



Name: Leilani Farrell

## Meet Leilani...

**Q:** What was your favourite thing to do during lock down?

**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

- |           |           |       |
|-----------|-----------|-------|
| Funny     | Shy       | Upset |
| Advice    | Smile     | Happy |
| Support   | Loud      | Share |
| Inclusion | Belonging | Angry |
| Smart     | Quiet     | Hurt  |



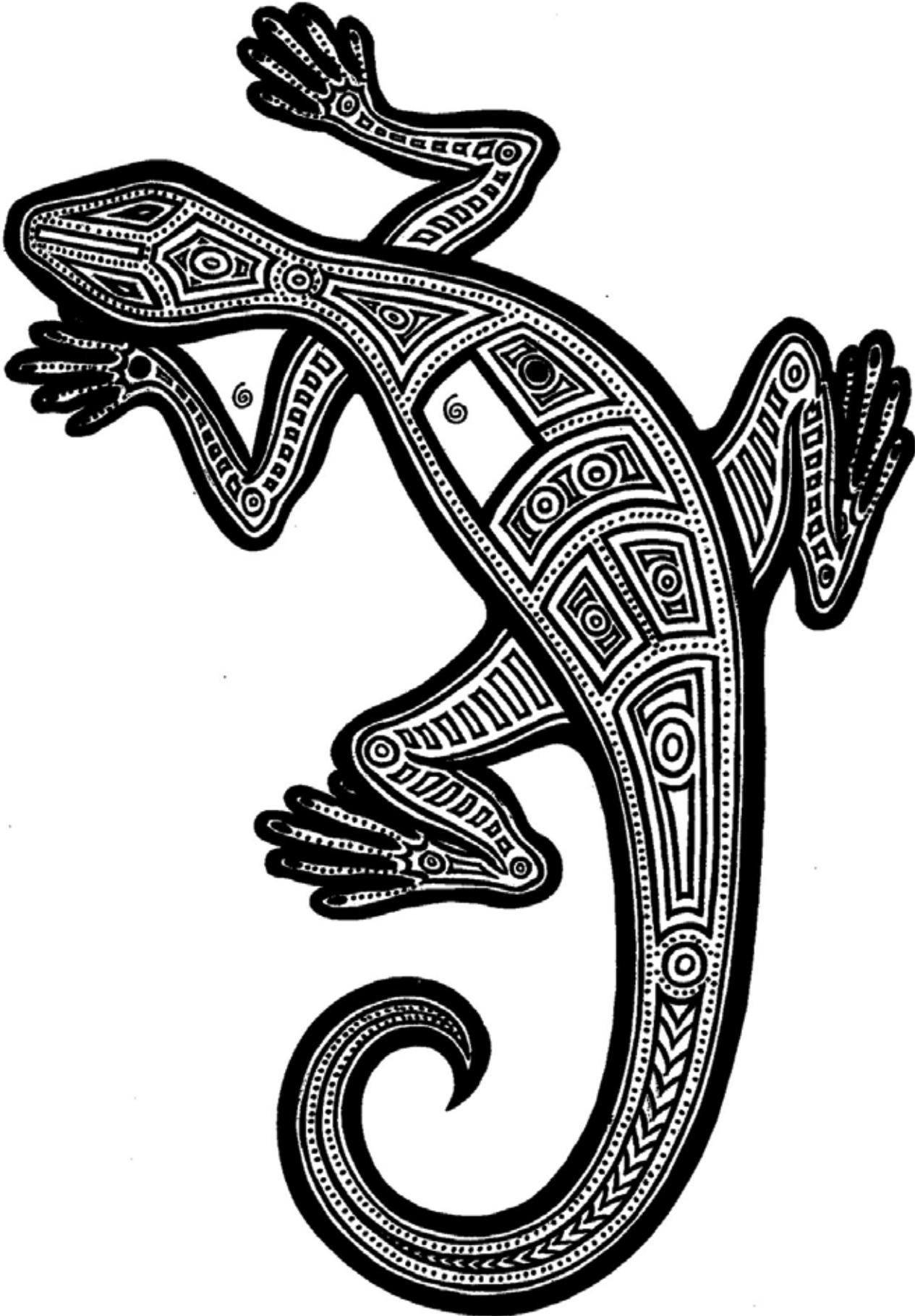
Draw a picture of your favourite movie character here:

### Joke Corner

**Q:** What do you call a fish without an eye?

**A:** A fsh.

Colour me in!



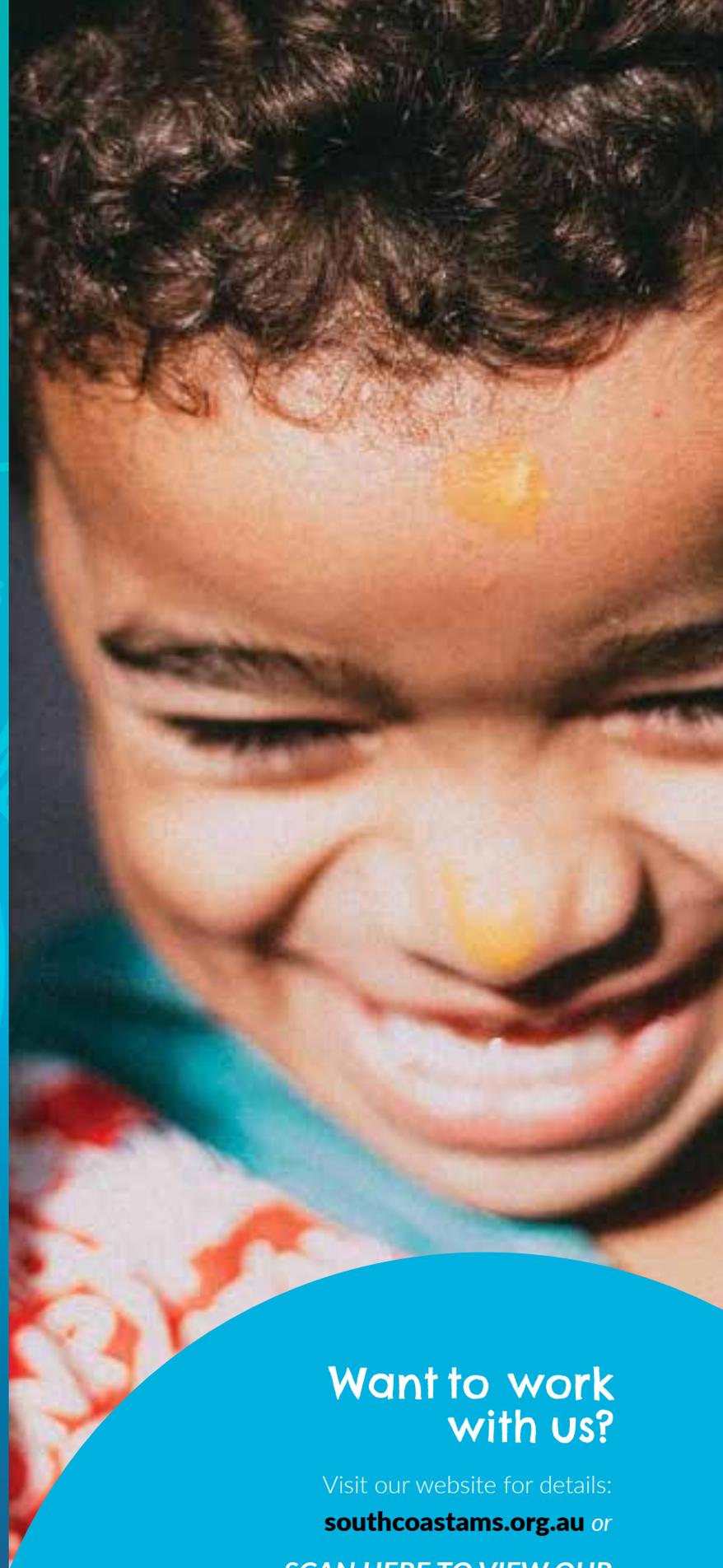
CONGRATULATIONS

**SONIA!**



*Congratulations to Sonia Butler on working 10 years with SCMSAC!*

*We thank you for all you have done in our Community, we are grateful to have you in our organisation.*



**Want to work with us?**

Visit our website for details:  
**[southcoastams.org.au](https://southcoastams.org.au)** or

**SCAN HERE TO VIEW OUR CURRENT VACANCIES**



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.



# IMPORTANT NUMBERS



POLICE / FIRE  
AMBULANCE

**Call 000**

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

