

DEADLY DESIGN

NEWCASTLE KNIGHTS
PLAYER PASAMI SAULO'S
DEADLY BOOTS

See page 21

we are OPEN!

New look for the Jane Ardler Centre

See page 5

NEW SUPPORT FOR FAMILIES

See page 19

South Coast
Medical Service
Aboriginal Corporation



WIN!

NAME OUR COCKATOO COMPETITION

See page 22

“South Coast Medical Service Aboriginal Corporation pays their respect to the Elders, both past and present, and to those of the future, for they hold the memories, the tradition, the culture and aspirations of the Aboriginal Community.”



Summercloud photo by Lisa Ardler

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Follow us on social media



message from our CEO

With COVID-19 overshadowing much of last year, I must say I am a little surprised but very happy to announce that the renovations to the Jane Ardler Centre are complete and our doors are once again open to our community. The upgrade has been thoughtfully designed to provide the optimum patient journey for our clients and we are all very excited to welcome you back.

Whilst we still have a few finishing touches to complete, clinic appointments at McGrath Ave have finished and are now being held at the Jane Ardler Centre, along with dental appointments now provided from our suites.

Our Permanency Support team will remain operating out of North St Nowra, Batemans Bay, Bega and Goulburn offices, and a portion of our Wellbeing team will be utilising our office on Level 3 at Caledonia House, just a few steps up the road from the Jane Ardler Centre. If you have any questions about our new premises, please don't hesitate to contact our friendly reception team.

I would like to take this opportunity to thank all our clients and staff for their patience and understanding throughout the renovation process, and hope that when you visit the Jane Ardler Centre you will see all the hard work was well worth it. We are planning an official launch once all the final elements are complete.

At the beginning of this year the well-known Family Referral Service, managed by NSW Health, transferred to the Department of Communities and Justice and is now called Family Connect and Support. I am pleased to share that we have been chosen as the provider for the Illawarra Shoalhaven region and have opened a new office in Market St, Wollongong that will offer this new service to those clients.

The Family Connect and Support service welcomes families from all cultures, backgrounds and communities, providing connection to support services and community resources so that children and young people are safe and well. The service is culturally supportive and flexibly tailored to a family's individual needs, and aims to offer help as early as possible.

Being selected as a Family Connect and Support service provider is a testament to our dedicated team and their commitment to the wellbeing of our families and communities, and I congratulate all our hard-working staff on this achievement.

Although the pandemic is not yet defeated, I feel our recent improvements have positioned us well to handle the challenges 2021 may bring. Now is a great time for our dedicated team to pause and reflect on 2020 and acknowledge just how much we were able to achieve in such a challenging time.



Craig Ardler
Chief Executive Officer



Introducing a new look for the Jane Ardler Centre



What's behind the design?

When the tall automatic glass doors swing open revealing the new welcoming and spacious reception area at the Jane Ardler Centre, most people's response is 'wow!' The curvy lined architecture inspired by our coast line is simply stunning. The carefully considered design combines style with functionality incorporating optimum wheelchair accessibility at reception.

Light streams through the open void area above down to the lower level creating an open and airy feel for clients waiting for an appointment. Our Boori's are happy to see a dedicated play area included for them, and will be excited to explore the cool and colourful artwork and activities set to be installed soon.

Our holistic approach to health and wellbeing is at the heart of the new design and is reflected in the layout of the ground floor. To us, health is about so much more than simply not being sick. Along with your physical health, we also consider your social, emotional, cultural and spiritual health too, knowing they are deeply interwoven and that when one person's health and wellbeing improves, the whole community benefits too. By introducing more consult and treatment rooms and expanding our health and wellbeing team, we are better placed than ever before to be able to provide this holistic care for our communities.

Safety & sustainability

Safety and sustainability have been thoughtfully considered with state of the art touch-free bathroom solutions installed throughout the centre. These premium touch-free solutions including infrared taps, automatic hand dryers and touch-free flushing, are allowing us to keep the washroom environment cleaner, helping to prevent the spread of common infections, and are also dramatically improving water efficiency.

What's left to do?

There are a few finishing touches still to come with bespoke wallpaper reflecting our Country and Culture to be added around the ground floor and within the kids play area to really brighten things up. We will include a visual display of our history that can be explored and enjoyed by everyone who visits the centre.

The display will show the journey of the organisation from the beginning in a small house in Nowra, to the purpose built, culturally supportive facility that stands now. It will honour the people who worked so hard to make the organisation what it is today and highlight some of the major milestones for the organisation.

The history of the Jane Ardler Centre

Early in the 1980's, Jane Ardler and members of our local Aboriginal Communities were concerned with the lack of cultural understanding among many of the local health service providers. They felt that local health practitioners had little or no understanding of the Aboriginal people in the area, and what little they did know was based on stereotypes. Jane and her colleagues aspired to achieve accessible and effective needs-based health care for our mob, with a focus on prevention and social justice.

The group approached Redfern Aboriginal Medical Service (AMS) who at the time were running an innovative and effective medical service in Sydney. They sought advice on setting up a similar health care program for the South Coast. Many people from Redfern AMS were very generous with their support in those early days sharing their knowledge and resources, and even lent an old car to transport patients.

In January 1983, SCMSAC was incorporated with the assistance of Redfern AMS and we began operating at various locations around Nowra. From a rental house in Berry Street; then back to the Cultural Centre with two demountables; then to a converted house in Junction Street; and to a house in Osbourne Street.

In 1994, after many years of lobbying and petitioning, we received funding from The Aboriginal and Torres Strait Islander Commission (ATSIC) to purchase land on Berry St Nowra and build the Jane Ardler Centre. The land was a used car yard which had once been an old petrol station, so before construction could begin, the old fuel tanks were dug out of the ground and removed.

The Jane Ardler Centre was among the first buildings in Nowra designed and constructed in consultation with an Aboriginal Community Controlled Organisation. The building was designed by local architecture firm BHI and in 1998 the building was awarded the Civic Building Design Award at the Shoalhaven Building Design Awards. It was also one of the first buildings in the region to be decorated with Aboriginal artwork and to fly the Aboriginal flag. It was a powerful symbol of the strength of our people, our Elders, both past and present, and remains that way today. It was formally opened in 2000 by the Secretary of the Department of Health.

Today with the newly renovated centre almost complete, we reflect on and continue to honour the incredible work done by our elders both past and present. The Jane Ardler Centre is dedicated in gratitude to Jane Ardler whose courage and commitment to the health and wellbeing of our local people and communities was driven by her desire to achieve the best for our mob. Jane's tireless energy, dedication and leadership, is the foundation that built our organisation and continues to support it today. The new building serves to represent that strength and honour her memory.



Coral Yuke
& Elaine Sturgeon
official opening 2000



Official opening 2000



Meeting rooms 2021



Dream becomes reality



The late Mrs Jane Ardliff's vision for a comprehensive Aboriginal Health Service within the Shoalhaven, is finally under construction, after 18 years of dedication, with support from Aboriginal organisations, mainstream services and government bodies.

The building will house Aboriginal Health Services such as the South Coast Medical Service, Waminda, Koolangara, mainstream services, doctor, dental and pathology along with other research departments accommodating the health needs of Aboriginal people and others who are

less fortunate, to receive proper medical care.

All services are funded by different government departments both federal and state.

The Shoalhaven has led the way in reconciliation with many Aboriginal projects fully supported by the Shoalhaven City Council.

As Chairperson for and on behalf of the South Coast Medical Society Aboriginal Organisation, Dennis McLeod urges "the people of the Shouthaven, both black and white, to forge ahead in our endeavours toward a more tolerant and just society through building a better future."



Jackie Stewart
& Coral Yuke



Jackie Stewart
& Geraldine Ardler



Jane Ardler Centre
entrance 2021



Jane Ardler & Andrew Hitchcock
Berry St Nowra

*"It's never too late
to quit smoking.
Make the right decision,
make a positive change
in your life, you will see
it is worth it."*



Tackling Indigenous Smoking kids in the deadly shirts they designed.

health & wellbeing programs



It's been a quieter time for our community programs due to the ever changing restrictions from COVID, but at the time of writing we have hope that all of our programs will be up and running very soon.

Strong Foundations

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 the “Be You” framework.

Men's Group

The Shoalhaven Men's Group provides structured support to local Aboriginal men to improve community safety and wellbeing. The program supports men with substance use and wellbeing issues, loneliness and those who have experienced family and domestic violence. The program aims to improve the health and wellbeing of Aboriginal men and build healthier family and community relationships through supporting men to become better role models in the community.

The program provides a safe and culturally sensitive space through the facilitation of a support group. In this program, support is also provided to Aboriginal men through referral service, where men can access a range of services including primary health, case management and counselling services.

Women's Group

SCMSAC Shoalhaven Koori Women's Group aims to support women with social health and wellbeing concerns such as substance use, self-esteem, depression, identity, relationships, work/life balance, family, job readiness, health and general wellbeing. The SCMSAC Shoalhaven Koori Women's Group incorporates yarning, art, craft and social activities whilst providing access to a range of services and supports.

Mentoring

The primary purpose of this collaborative in-school program is to provide a place for creative expression, to support Aboriginal children in their emotional day-to-day wellbeing and to assist in building cultural identity, positive self-esteem, resilience and personal empowerment. We also aim to increase engagement in school participation and attendance. The program utilises mentoring and art/play-based therapies, with children working alongside their Aboriginal Mentor and Child Therapist in a range of activities. The benefits of this therapeutic interaction, advocacy and mediation support also extends to the families, carers and wider community.



AMHFA course participants from back left: Jordan Farrell, Brenton White, Emily White, Sarah Lindsay, Kate Williams, front left: Martin Billingham, Rhonda Nye, Sonia Butler.

Aboriginal & Torres Strait Islander Mental Health First Aid Course (AMHFA)

Presented by our certified instructors, this accredited course taught participants how to assist Aboriginal & Torres Strait Islander people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or, in mental health crisis. The course is based on evidence from the expert consensus of Aboriginal mental health professionals, many of whom also have lived experience of mental health problems.

With approximately 20% of Australian adults experiencing a common mental illness each year and the new stresses and challenges that COVID has presented, it was a great time to develop these skills in our team. Participants really enjoyed the training and reflected on just how important these skills are: *"having mental health first aid skills means that we are able to assist someone developing a mental health problem or experiencing a mental health crisis and make a real difference in our community"*.

Question. Persuade. Refer. Learn to help prevent suicide

All SCMSAC staff also completed the QPR Gatekeeper training, Question. Persuade. Refer - Learn to help prevent suicide. This course aims to save lives by providing innovative, practical and proven suicide prevention training. Just like CPR, QPR is an emergency response to someone in crisis that can save lives, and is the most widely taught Gatekeeper training in the world.

Suicide is one of the most critical health concerns, both in Australia and on a global scale. Over the past decade in Australia, there has been a 20% increase in the number of suicides with suicide being the leading cause of death for Australians aged 15-44. We also know that suicide rates of Aboriginal and Torres Strait Islander people are at least twice that of non-Indigenous Australians. Clearly, the need for QPR training is very high and we are very pleased to have our entire team learn these valuable skills.

If you or someone you know needs support you can call Beyond Blue any time of the day or night 24 hours/7 days a week on 1300 224 636.

Is this the year that you will quit smoking?

Dee's story

"I'm 41 and have been smoking since I was 14. I had been told many times in hospital that I should quit because of my chronic asthma. Every night I would need my Ventolin, waking up all through the night wheezing and finding it hard to breathe. My children would ask almost every day, 'when will you quit?' I would also think every day - 'why am I even doing this?' When I smoke I feel drained, dirty, smelly, tired.

One day I downloaded the My QuitBuddy app and decided that was it. I needed to 'cold turkey it' and go through the withdrawals. I was grumpy, and had this feeling of a lump in my chest for the first week, my head was screaming, 'have a smoke, have a smoke!'. But once I got through day one I was thinking - 'I'm never doing a day like that again'.

Once I got through week one, I was thinking 'I'm never ever doing that week again!... Same with week two, then it was one month and finally, one year. I started at the gym after I quit and lost 20kg in that year, after a few months, I no longer needed my Ventolin. I can now walk my dogs without being out of breath, my skin went from looking dry and greyish to looking healthy with colour, I don't have the drained all day feeling, and I don't feel dirty. I recently had a health scare which put me in hospital and I'm not sure my body would have been able to fight the fight if I was still gasping for air...Guess you could say quitting played a part in saving my life in more ways than one."



Are you thinking about giving up the smokes?
Visit our website to check out our free
resources, or get in touch with our Tackling
Indigenous Smoking team today and find
out how we can support you in your journey
to quit.

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



AMHFA course participants from
left: Nathanael Curtis, Juanita
Webster, Quentin Russell, Jodie
Mitchell, Alana Mozsny.



AMHFA course participants
from back left: Matthew Coogan,
Chelsea Mundy, Cassie Davies,
Alissa Coppin, front left: Shawn
Old, Renee Pollard, Sam Tildsley.

*"Making the
decision to help kids
in our community has
been one of the best
decisions I've
ever made."*



permanency support program



The Permanency Support Program (PSP) continues to grow and as a result there is an increasing need for support services to expand. Our Specialist Support Services team currently includes Intake and Compliance, Community Support Service (CSS) and Carer Recruitment and Support.

Intake and Compliance

Our newly appointed Team Leader Jenny Stevens and two intake and compliance officers, Kelly-Ann Deaves and Alinta Osgood, have been kept busy managing all enquiries, referrals, and relevant reporting for PSP. The team assess incoming referrals to the Out of Home Care program by convening a consultation and decision making panel, and recording all of the processes for intake. The team has also implemented an internal audit schedule which is working well to ensure the program meets all requirements for legislative compliance.

Community Support Service

Our group programs for children and young people have been on hold due to the COVID pandemic so our Community Support Officers (CSO's) have been mainly focused on supervising and reporting on family contact, transporting families to supervised contacts, and providing respite and other scheduled activities permitted during the restrictions. They have also enjoyed their time mentoring, delivering cultural support and assisting caseworkers with case plan goals. Our eager team of CSO's have some great activities planned for the year ahead and are hopeful they will resume again soon.

Pictured above our PSP Carer Recruitment and Support team back left: Sam Tildsley, Kate Pratt, Cassie Davies, Kelly-Ann Deaves, Amy Paton, Julia Parkes.



Carer Recruitment and Support

Our Carer Recruitment and Support team oversees the carer recruitment process, carries out carer assessments for new foster carers, handles carer transfers, and manages ongoing annual carer reviews. They provide support for our carers through meetings, training, carer morning teas and a recently introduced a carer support schedule. This new process promotes regular connection and support in addition to the support received through placement.

2020 certainly was a challenging year for a number of us, but that hasn't stopped our young people in Out of Home Care making us all proud by achieving key milestones.

A number of young people reached the age of 18 and exited care to begin the transition into independent living, beginning their lives as adults. Throughout their final year with us, these young people have grown into respectful and capable young adults and achieved much in their last months in care. Some completed year 12 obtaining their Higher School Certificates, some were accepted into University, and others gained full time employment, just to mention a few highlights. We would like to wish each of our young people the best of luck with their future endeavours and look forward to seeing them accomplish the goals they have set for themselves!

Family Preservation

Our Family Preservation team recently celebrated a win, successfully supporting two young people to re-engage in school after a long period of non-engagement. This was a great achievement with the family reporting that they feel as though things are heading in the right direction and they are feeling positive about what the future holds.

Christmas Celebrations

After the challenging year of 2020, it was a pleasure to join William Campbell Foundation (WCF) in hosting a combined Christmas party for our carers, children and young people. We were really fortunate with warm weather giving everyone ample opportunity to enjoy the many activities on offer. The petting zoo was extremely popular with the littlies, with bunnies, chicks and ducklings all looking for cuddles, and the Shetland ponies keen to take all our cowboys and cowgirls for a whirl around the paddock. Party goers designed their own Christmas tree decorations at the crafting stations, and many looked extra colourful with the creative face painting. But by far the most popular activity on the day was the super fun water slides, at least until Santa turned up!

We would like to extend our gratitude to the team at WCF for their efforts to support SCMSAC with the planning and creation of a great day. It was extremely heart-warming to see big smiles on all the faces, and see the fantastic fun experienced by so many.

Do you or someone you know have an interest in foster care?

We are always seeking opportunities to recruit new carers to support our respite carers as well as new placements. Often the expressions of interest we receive are a result of word of mouth, so if you know anyone who may be interested in offering support to children and young people by providing either respite care, short term or long term care, please encourage them to enquire by visiting our website:

www.southcoastams.org.au

or email: **psintake@southcoastams.org.au**.

We are also recruiting new Community Support officers (CSOs) to ensure that we have sufficient staff availability for the future growth of the program. If you have any friends, family members or know of any community members who would like the opportunity to work at the SCMSAC we welcome all expressions of interest. If they hold a current driver's license and Certificate IV in Social Work/Welfare/Community Services/Disability Services (or related fields) and would like to make a difference working with children, young people and their families, please get in touch with us.

**SCAN HERE TO FIND OUT MORE
ABOUT BECOMING A FOSTER CARER**



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

"Our Family Connect and Support service welcomes families from all cultures and backgrounds, lands and communities"



Proudly funded by



Family Connect and Support



Introducing family connect & support



It has been a busy time within PSP as we worked to establish and implement the new Family Connect and Support Program (FCS) which SCMSAC were successful in tendering for in 2020. We began delivering this new and exciting program on the 4th January 2021.

The Family Connect and Support Program brings together families, support services and community resources so that our children and young people are safe and well. Universal and flexibly tailored to a families individual needs, the program offers help to families as early as possible.

Our Family Connect and Support team members from left: Gift Chiaknda, Kaela Badovinac, Lynne Schubert (Team Leader), Daniella Giunta and Anastasija Maric.

As a result of the successful tendering for the FCS program, we have acquired office space in the Wollongong region. This is an exciting acquisition for us and we look forward to working from this space as we continue to support children, young people, families and the broader community throughout 2021.



Free and voluntary
for children and
families



Build on your
strengths to make
positive change



Right supports
at the right time

Look who's in our ↘

EMPLOYEE SPOTLIGHT



Jordan Farrell

JUSTICE SUPPORT WORKER

Tell us a little bit about your role at the SCMSAC

I work in the Justice Reintegration Program, known as the JRP program. My role as a Justice Support Worker is to help young people reintegrate back into the community and help them to not reoffend. We ask our clients to set some goals, both social and cultural, and then we help them achieve these goals throughout the program. Most of our contacts are out on Country where they can clear their heads and do some cultural activities to connect them back to both Culture and Country. This helps the client to calm their mind, relax and think clearly, so we can have some positive conversations to help them through life.

What do you like most about your role?

What I like most is that I get to work on Country every day and play an active role in helping future generations succeed in life. I also like that I am out there every day both learning and teaching Culture.

What are your proudest moments at SCMSAC?

When my clients are kicking their goals and are feeling very positive about what they have achieved, these are the moments that I love. Having the parents/carers of my clients comment and praise the positive behaviour changes is the reason I come to work every day.

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

The projects that I liked working on the most would have to be the mural we did at the Fulton Hogan Office, and as a Newcastle Knights fan, I cannot go past the project that I worked on with one of my clients and fellow SCMSAC team mate Shawn Old. We painted a pair of footy boots for one of the players to wear in the Indigenous round last year and they turned out awesome! Everyone involved in the projects loved working on them, and everyone that has seen them has loved them too.



Fulton Hogan Office mural



Boots of Newcastle Knights player Pasami Saulo

Pasami Saulo, from the Newcastle Knights, had his boots painted by young artist T.S. The symbol on the front of the boots represents the artist, with the blue water representing the barriers he faces and needs to overcome. The emu prints represent T.S's journey forward and the turtle represents the AMS. He jumps on the back of the turtle for support and the turtle helps him (like the AMS has helped him) get to where he needs to be, which is back with his family (front of the boots).

Cultural Choice Association - Boots for Brighter Futures, 2020.

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

When I'm not at work, I enjoy spending time with my family, fishing, footy and playing golf.

"The work Jordan and Richard are doing is having great outcomes for the community; their work in the Ngudjoong Billa program is outstanding."

Department of Communities & Justice

"Each day after being out with Jordan, my son comes home with a smile. Since working with Jordy my son is back at school, looks forward to his footy and training, and is happier at home"

Justice Reintegration Program parent

Want to work with us?

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

SCAN HERE TO VIEW OUR CURRENT VACANCIES



WIN!

Name our COCKATOO COMPETITION

hey
kids!



We are looking for a name
for our TIS mascot who is a
red-tailed black cockatoo.

DO YOU HAVE AN IDEA FOR US?

Send us your idea and you
could be the lucky winner and
take home our cool prize pack!

Send your name ideas along
with your contact details to:
[courtneydonley@
southcoastams.org.au](mailto:courtneydonley@southcoastams.org.au)

ENTRIES MUST BE IN BY 4th MAY.



South Coast Medical Service Aboriginal Corporation
Tackling Indigenous Smoking
BE SMOKE FREE

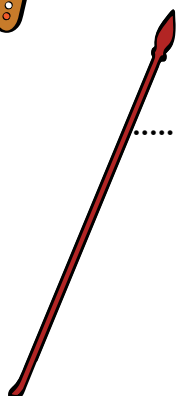
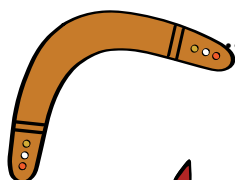
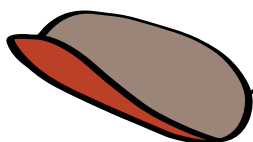
**BE HEALTHY
BE DEADLY!**

South Coast
Medical Service
Aboriginal Corporation



BOORI PAGES

Can you identify
these Cultural Tools?



affirmation cards

Cut out & use these affirmations
daily to motivate, energize,
& help accelerate your mood.



I deserve to
be accepted
for my true self



I deserve to
be treated
with kindness



I am calm



I don't need
to fit in
to belong



I stand up
for others



I deal with
anger in
healthy ways



I find solutions
to my problems



I am a good
friend



I am
peaceful



I am
present



I am kind to
everyone, even if
they are different



Making mistakes
is how I learn
& grown



I can make
a difference
in the world



I ask for help
when I need it



I am
creative



My imagination
is powerful



I am free
to be myself



Challenges
help me grow



I am
important



I am
brave

**make your own
affirmation cards**

Use the affirmation cards on
the previous page as inspiration
& make your own here.



Ways we communicate FIND-A-WORD

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

Smoke

Didgeridoo

Clapsticks

Hand Signals

Sand Drawing

Message Stones

Talking

Whistle

Rock Art

Painting



Adelaide (Addie) Curtis

Meet Addie...

Q: What is your favourite food?

A: Lollies

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

A: Make things and people stay still (freeze)

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

A: Babysitter

Q: If you could visit anywhere in the world, where would you go?

A: South Africa (to visit my grandad)

Q: If you were the teacher, for a day what would you do?

A: Teach children about maths, bugs and help them draw better

Draw a picture of your favourite super hero here:

Joke Corner

Q: Why do some people eat snails?

A: They don't like fast food.

UPCOMING DATES

APRIL

07 World Health Day

23 Immunisation Week

25 Anzac Day

MAY

09 Mother's Day

26 Sorry Day

27 Referendum Anniversary

27 Reconciliation Week
20 year anniversary

31 Reconciliation Day

31 World No Tobacco Day

CONGRATULATIONS

WARREN



*Congratulations to Warren Field on
working 10 years with SCMSAC!*

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

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 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 scan this QR code, or visit our website to find out more.

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.

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

**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

**HELP
STOP THE
SPREAD
AND STAY HEALTHY**

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.

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



Scan here to save our contact details to your phone



(02) 4448 0200



admin@southcoastams.org.au



www.southcoastams.org.au



follow us: @scmsac



ICN 182

South Coast
Medical Service
Aboriginal Corporation

