



South Coast Medical Service Aboriginal Corporation **harumbalink**



A deadly day at Wreck Bay!

This year's NAIDOC celebrations at Wreck Bay were postponed in July due to the weather, but we were very happy that the event could finally go ahead on Thursday, 2nd October. We had a fun day connecting with mob, sharing stories, and celebrating culture together, even though the wind made it extremely challenging at times!

The day featured an opening ceremony, cultural performances, rides, food and coffee trucks, health service stalls, and so much more. We were also there with our own stall filled with fun activities and giveaways, and medical and dental vans operating.



Annual General Meeting

Our Annual General Meeting is just around the corner! The meeting is open to members of the Corporation and commences at 10:00 am, and we encourage all members planning to attend to be on time. Whilst the meeting will remain open to members to attend throughout, each member must have signed the attendance sheet prior to voting commencing to be eligible and able to cast a vote (if you have not signed the register, you will not receive a voting card).

To be able to be voted in as a Director, you will need to obtain a valid Director ID from the ATO before the meeting. Visit:

www.abrs.gov.au/director-identification-number to register.



The poster features a teal header with the title 'An Annual General Meeting' in white. Below the title, it specifies 'for South Coast Medical Service Aboriginal Corporation' and 'for the Financial Year Ending 30 June 2025'. A teal box contains three white rounded rectangles, each with a blue icon and text: a calendar icon for 'Saturday 29th November 2025', a clock icon for '10.00am', and a location pin icon for 'The Jane Ardler Centre 51-53 Berry St, Nowra'. The background of the poster is a light beige with faint, stylized orange and brown patterns.

An Annual General Meeting
for South Coast Medical Service Aboriginal Corporation
for the Financial Year Ending 30 June 2025
will be held as follows:

-  **Saturday 29th November 2025**
-  **10.00am**
-  **The Jane Ardler Centre
51-53 Berry St, Nowra**

 South Coast Medical Service Aboriginal Corporation

Child & Family Services

Keeping Kin Connected at Nowra Showground

Our Intake, Carer Recruitment & Support, (ICR&S) team had a great time at the Keeping Kin Connected event at the Nowra Showground on Thursday, 9 October. Our dot painting activity was a huge hit, sparking conversation, creativity, and connection among families. The event was a beautiful opportunity to come together, celebrate kinship, and strengthen relationships within our community.

Foster Carer Picnic

Our team joined foster carers, families, and local agencies for the Family Fun Day Foster Carer Picnic on Saturday, 11 October at Kembla Joggers. It was a fantastic day filled with laughter, activities, and connection, a true celebration of the incredible foster and kinship carers who make such a difference in children's lives every day.

R U OK Day A reminder to check in

Earlier this month, our team came together to recognise **R U OK? Day**, a national day that reminds us of the power of a simple conversation. The day encouraged meaningful check-ins and the importance of really listening. It's a reminder that reaching out for support is always okay, and that staying connected can make a big difference in someone's life. We're proud to be part of a community that values care, connection, and looking out for one another.



SCMSAC featured in AbSec's *Deadly Practice* film

We were honoured to be included in AbSec's upcoming *Deadly Practice* film, which shines a light on the incredible work being done across the sector to support Aboriginal children and families. AbSec visited our Shoalhaven office to film our Early Intervention team, capturing their insights, cultural

knowledge, and passion for keeping families strong and connected.

We'd like to extend a heartfelt thank you to the parents who kindly took part in the filming. Sharing their stories and experiences helps highlight the importance of culturally safe, community-led support. We can't wait to share the film with you once it's released!

 South Coast Medical Service Aboriginal Corporation

Health & Wellbeing

 South Coast Medical Service Aboriginal Corporation

Student Placement Spotlight: Learning at SCMSAC

We recently had the pleasure of hosting a medical student who worked alongside our GPs, seeing patients, taking histories, performing exams, and developing management plans before the GP finalised care. Here's a little bit about her experience:

What did you do here at SCMSAC? I am a medical student and worked with the GPs. I see a client for an initial consult (taking a history, doing an exam/s, thinking about a potential diagnosis and management plan). The GP then sees the client, reviews them again, and makes a definitive plan for their management. This is called "parallel consulting".

Can you describe yourself in three words? Spontaneous, optimistic, reflective.

Did your time at SCMSAC inspire or influence your future career path in any way? Yes and no! I was already pretty certain I would like to work at an AMS or similar in the future, so that hasn't changed. But my time at SCMSAC has very much cemented this aspiration.

What was your most memorable moment here at SCMSAC? The people! That includes the clients, doctors, nurses, health workers, and all the support staff at SCMSAC. Even on the busy days, there were always lots of laughs and camaraderie.



What advice would you give future medical students considering a placement in Aboriginal Health?

Come to your placement with an open mind and start each appointment with an open agenda (to a degree, of course!). You'll learn more by meeting patients and listening to their stories than you can from any textbook or tutorial. Remember to smile and enjoy yourself!



New Eligibility for Lung Cancer Screening

If you are aged 50–70 years, have no symptoms, and currently smoke or have previously smoked tobacco, you may be eligible for a CT lung screening scan, which can detect up to 70% of lung cancers at an early stage.

Other cancer screening programs available include Bowel, Cervical, and Breast screening. These screenings can be discussed as part of a 715 Health Check during your preventative health assessment, or directly with your GP. Taking part in regular screening is an important step in catching cancers early and maintaining your health.



A quick yarn with Tom

What do you do here at South Coast AMS?

I am a clinical psychology registrar and registered psychologist at the Jane Ardler Centre. I help Community members with their mental health in collaboration with their GP and other supports from the organisation, including Wellbeing Case Management and Child and Family Services.

How long have you worked with us?

I've been working at South Coast AMS for 6 months now (and time truly has flown).

What does working at AMS mean to you?

It means a great deal to be starting my clinical psychology career at South Coast AMS, specifically working with the Community where my own Aboriginal Roots stem from. I received some support



from Aboriginal organisations during my studies, and it is immensely important to me that I can give back by providing a service to Community in a direct, accessible, and culturally safe way.

Do you have any hobbies or interests people might find surprising?

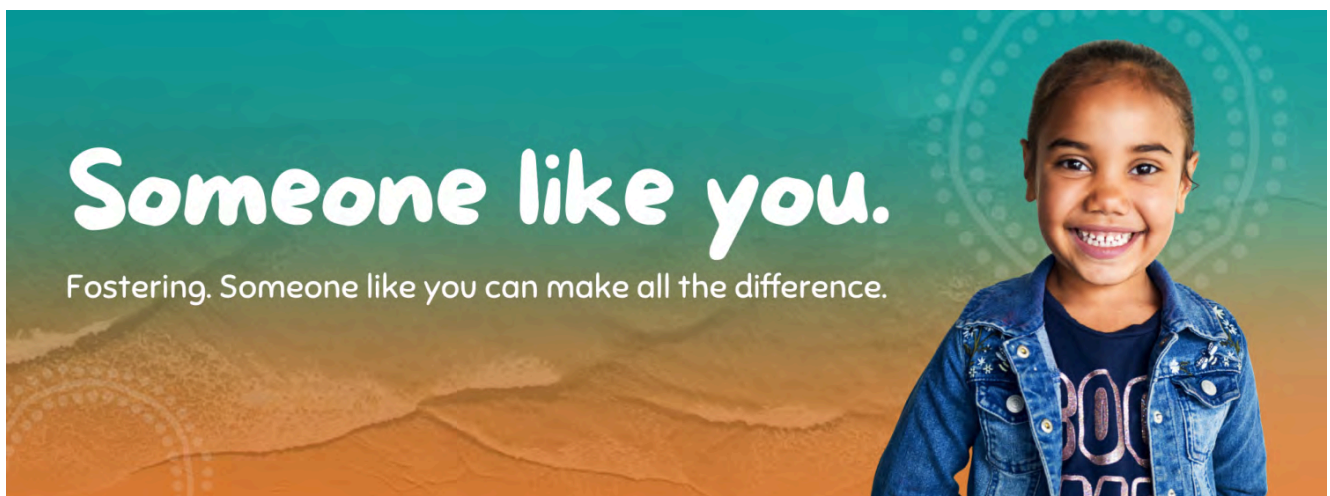
In my spare time, I'm a keen fisherman. I also enjoy diving and spearfishing, and generally just spending time near the ocean. I love cooking as well, having spent around five years working in kitchens before qualifying as a psychologist. This includes preparing the fish I catch, but I also enjoy experimenting with a variety of different cuisines.

Can you share a memorable moment or achievement from your time here?

It would be hard to pick just one, as every client achievement means a great deal to me. One that stands out is a younger Community member who came to me several months ago with a number of challenges in their life. Together, we helped to problem-solve and approach these challenges in a new way. They are now doing much better, no longer require mental health support, and are looking to enrol at university.

If you could swap roles with anyone in the company for a day, who would it be and why?

I would probably choose someone from the mentoring team. The work that they do with young mob is absolutely critical, guiding them to keep their life on the path they want and navigate challenges that could lead to issues later on without this guidance. Whilst I get to do some work with younger community members, I'd love to also get to do some work in a less clinical setting.



Learn More about Foster Care

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