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2025 | December Digital Edition



Welcome to the Final Edition of our Newsletter for 2025

As we approach the end of the year and our upcoming shutdown period, we want to take a moment to reflect on the outstanding work, commitment, and resilience of our team throughout the year.

2025 has been an incredibly busy year, filled with meaningful achievements and positive outcomes for the children, families, and communities we support. These results are no accident; they are a direct reflection of our team's professionalism, dedication, and commitment to SCMSAC's mission. We are extremely proud of how our team continues to support one another and maintain high standards, even during the most demanding periods.

Congratulations to Kyla!

We are proud to be a workplace that supports learning and growth. Our team members have access to training, support, and time out of work to attend their courses, helping them develop skills that make a real difference in the community. We are committed to empowering our community to learn, grow, and support others.

Kyla is a perfect example of this in action. She recently graduated with her Certificate IV in Primary Health Care Practice through AH&MRC of NSW. This achievement recognises her hard work, dedication, and commitment to supporting the health and wellbeing of our community.

Kyla is now eligible to register as an Aboriginal Health Practitioner and continue making a real impact in the lives of our clients and families. Congratulations Kyla! We are so proud of you.



Join Our Team!

Would you like to join our team? Exciting opportunities are currently available! If you're passionate about making a difference and want to be part of a supportive, dynamic team, we'd love to hear from you.

Visit our [website](https://www.southcoastams.org.au) to view all current positions.

WORK with us!

employment opportunities... 

Intake and Assessment Worker
Counsellor/Psychologist
Community Support Officer

for more info visit:
www.southcoastams.org.au

Lung Cancer Screening for Aboriginal Communities

A new national Lung Cancer Screening Program is being rolled out nationwide, offering low-dose CT scans to individuals at higher risk. This includes Aboriginal and Torres Strait Islander people aged 50 to 70 who smoke now or have smoked in the past. Screening is simple, painless, and can pick up cancer long before symptoms appear. Finding lung cancer early means treatment options are better, and the chances of surviving are much higher. Importantly, screening does not replace quitting smoking, but it does give people at risk an additional layer of protection.



For Aboriginal families and communities, access and trust in healthcare are essential. Many local Aboriginal Community Controlled Health Organisations (ACCHOs) are involved in delivering the program, ensuring culturally safe support throughout the screening process. Health workers can explain what the scan involves, help with referrals, and provide follow-up care in a respectful and comfortable environment. If you or a family member is between 50 and 70 and has a history of smoking, yarn with us about whether lung screening is right for you. Early detection can make a life-changing difference.

Strong Feet Strong Life Podiatry News

Our Podiatry schedule has recently changed, and we're excited to welcome our new clinician, **Ahmad Moussa**, who will now be providing care **every second Tuesday**. We've already received wonderful feedback about Ahmad's attentive and thorough foot care. Regular podiatry check-ups are essential for maintaining mobility and preventing serious foot complications, particularly for community members living with diabetes.



Student Doctors at SCMSAC

Last month, we farewelled Emma, and now we're pleased to welcome **Krish Kumar**, our new doctor in training. Krish will be with us on Mondays and Fridays at the Jane Ardler Centre, learning from community and supporting our clinic team. Be sure to say hello when you see him around! A big thank you to Dr Jens and Dr Henry for their ongoing commitment to mentoring and supervising our medical students. Your dedication to shared learning and culturally safe care is truly appreciated.



How Our Wellbeing Team Can Support You This Holiday Season

The festive season can be a challenging time for many, and our Wellbeing Team is here to help. We assist clients in completing Safety Plans and provide information, resources, and tips to support wellbeing during the Christmas holidays.

Our Case Coordination Team has been working hard to prepare information packs for clients. These packs include details on available support services and practical tips to help ensure everyone in our community is safe and supported over the holiday period. If you would like a copy of these resources, please call: [4448 0200](tel:44480200) or email: intake@southcoastams.org.au.

Wellbeing Tips for the Festive Season

Taking care of yourself during the festive season is so important.

Here are some simple wellbeing tips to help you enjoy a happy, healthy holiday period:

Set Boundaries: It's okay to say "no" to extra commitments if you're feeling overwhelmed. Protecting your time and energy is self-care.

Prioritise Self-Care: Schedule time to rest and recharge. This could be exercise, reading, a walk in nature, or simply a few quiet moments.

Manage Expectations: Focus on what's meaningful to you rather than striving for the "perfect" holiday.

Stay Connected & Communicate: Reach out to trusted friends or family if you're feeling stressed or lonely. Yarning can really help.

Maintain Healthy Habits: Keep a routine with sleep, healthy eating, and physical activity, even during the festive rush.

Seek Support if Needed: If things become overwhelming, support is available.

13YARN: 13 92 76

Lifeline: 13 11 14

Beyond Blue: 1300 22 4636

Employee Spotlight



A quick yarn with Maria

What do you do here at South Coast AMS?

I am a Therapeutic Practitioner (TP) in the Child and Family Services team. As a TP, I engage children and young people within our program in Art Therapy and write behaviour support plans for those in out-of-home care.

How long have you worked with us?

I have been working here for a little over four years!



What does working at AMS mean to you?

Working at SCMSAC means that I get an opportunity to provide support to our young people and also build connections not only with our clients but with the awesome people I work with.

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

Unsurprisingly, I like knitting and crocheting cute things.

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

Building a safe connection and trust with any young person that I work with is always a big achievement.

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

I would like to swap roles with the SCMSAC dentist (which is a terrible idea!) But it might possibly help me get over my fear of dental procedures.

School Holiday Activity for our Far South Coast Kids

Our Child and Family Services team enjoyed a fun day out at Mogo Zoo during the school holidays with kids in our programs. The children had a great time and enjoyed seeing all the animals, as well as collecting stamps at each one they visited. The group also shared a picnic lunch. Thank you to Bec and Brahe for a fantastic day!



Parenting Program Update

Our team has been delivering the Seasons for Healing program, which supports the social and emotional wellbeing of Aboriginal and Torres Strait Islander adults by helping participants build resilience through times of grief, loss, and change. In a safe, supportive group environment, participants explore the impacts of change, learn practical coping skills, strengthen connections, and support their overall wellbeing. Seasons for Healing provides a culturally informed approach to help participants understand and respond to significant life changes in healthy, empowered ways. For more info about upcoming parenting programs, please speak to Kyie Skillen or email: fcs@southcoastams.org.au



The Seasons for Healing workshop supports the social and emotional wellbeing of Aboriginal and Torres Strait Islander adults by helping to build resilience and keep spirits strong through the journey of grief, loss, and change. In a safe and supportive group environment, you'll explore the personal impacts of change, loss, and grief, learn practical coping skills to manage your feelings, connect with others, and strengthen your overall wellbeing.

Seasons for Healing aims to provide a culturally informed approach to support the social and emotional wellbeing of Aboriginal and Torres Strait Islander adults who have experienced significant change and loss by exploring the impact of the change and loss on everyday life and learning new ways to respond to these changes.

Event Details:

Dates: Wednesday 19th November | Wednesday 10th December 2025

Time: 10am to 12:30pm

Location: SCMSAC Falls Creek Office, 12 Comberton Grange Road Falls Creek

Contact: SCMSAC 1800 267 327 and ask to speak to Cheryl Foster or Kelly-Ann Griffin or email to fcs@southcoastams.org.au

Please note that workshop places are limited, and transport is available upon request.

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Community Networking

Our Family and Community Support (FCS) Team works closely with local service providers to stay informed about available services and to share information about the unique support we offer to the community.

This year, the team held 17 meet-and-greets over a cuppa in our office and via Teams, strengthening connections across the region. They consistently receive great feedback on the impact of their work, which is wonderful to see and shows how much of a difference they make for our clients. A huge thank you to the FCS Team for their dedication and commitment to



ensuring clients receive the highest quality support throughout the year.

Gift Giving Initiative

We would like to publicly extend a huge thank you to all our team members who participated in this year's Christmas gift-giving initiative, reaching over 100 families! Many families in our community face hardship during the holiday season, and your generosity brought joy to children who might otherwise have gone without. We are so proud of our staff and deeply grateful for their dedication to supporting our community this festive season.



Youth Group Program

Our Youth Group Program at Bomaderry High School has been running on Wednesday this term. Each week, 10-15 young people participate in a meaningful and engaging program focused on supporting their wellbeing. The program kicked off with a visit to the Dunn Lewis Centre in Ulladulla, where the group enjoyed rock climbing and bowling before exploring the importance of mental health and where and how to access support when needed. In the second session, the group visited Minnamurra Falls for a sunny bushwalk, using the time in nature to reflect on wellbeing and the cultural significance of the place where they were gathered.

The third week was a trip to Bass Point Reserve in Shellharbour. During this session, the group discussed how skill-building is essential for their personal and professional development. They introduced practical skills during the session, such as communication, problem-solving, critical thinking, and time management, to help the young people navigate real-world challenges with confidence and independence. Using a range of games, staff challenged the young people to work collaboratively to overcome challenges. During this session, the group also had the opportunity to witness skydiving and experience it up close with the skydivers, which the children enjoyed!

The fourth session will take place at Port Kembla Pools, where the group will discuss the importance of mental health, the challenges young people may face, and how these can impact wellbeing. Afterwards, participants will have the chance to enjoy pool games and team-building activities.

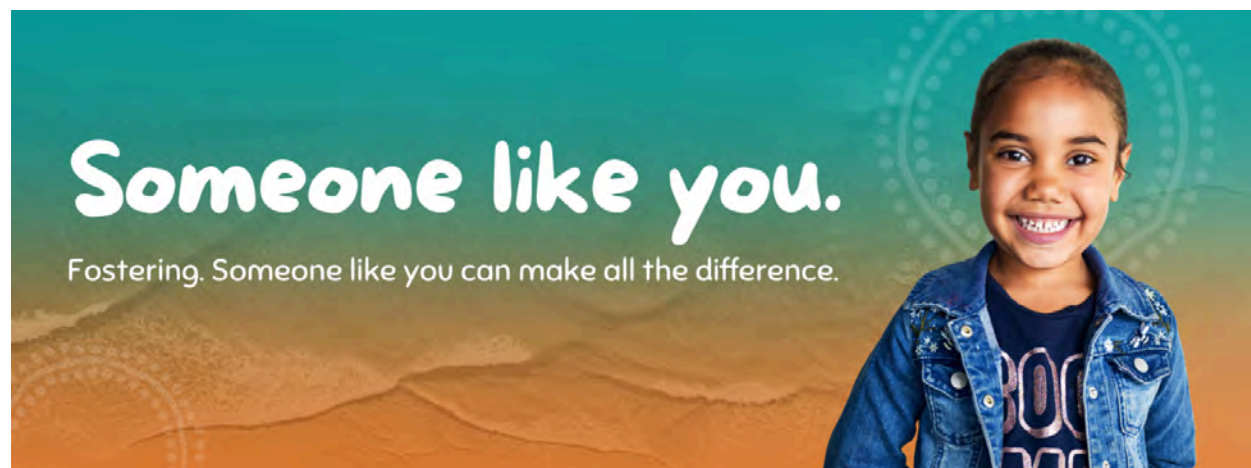
Christmas Closure Dates

We'll be closed for Christmas from the close of business Wednesday, 24 December, and will reopen on Monday, 5 January 2026.

Wishing our community a safe, happy Christmas filled with connection, culture, and time with your mob.

For emergency Child and Family services, please refer to the on-call process.

For emergency medical issues, please call:
Shoalhaven District Hospital Emergency
Phone: 4421 3 111
or call for an ambulance 000



[Learn More About Foster Care](#)

Email: psintake@southcoastams.org.au

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