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2026 | February Digital Edition

South Coast Medical Service Aboriginal Corporation Dharumbalink



Welcome to the First Edition of our Newsletter for 2026

We're excited to bring you the latest news from our teams across the organisation. Our featured team members this edition are new Trainee Aboriginal Health Workers, Kynoa Ardler and Isaiah Falzon! It's been deadly having these two join the SCMSAC team, and it makes us proud seeing our young fellas stepping up and helping take care of community.

 South Coast Medical Service Aboriginal Corporation

Health & Wellbeing

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Supporting Our Mob to Make Informed Vaccination Choices



Many people have questions about vaccinations and what feels right for them. Making space for open, honest yarns about health is an important part of the work we do.

Vaccination has long been one way we help protect ourselves, our families, and our Elders from serious illness. It helps reduce the spread of sickness and keeps our communities strong, especially our little ones and those who are most vulnerable.

We encourage community to have a yarn with us if they have questions or concerns. Our health team is here to listen, share clear information, and support mob to make informed choices about their health.

Welcoming Our New Diabetes Educator and Nurse Marija!

We're excited to welcome Marija to the team! She's here to support with practical guidance, yarns, and education around managing diabetes in a way that fits everyday life. Marija can help clients and their families understand diabetes, manage blood sugar levels, and get practical tips on food, movement, and lifestyle. She also supports with medications, insulin, and glucose monitoring, and setting achievable health goals.

Marija is all about building strong relationships, sharing clear information, and helping clients feel confident in managing their health, a fantastic addition to our team!



 South Coast Medical Service Aboriginal Corporation

Employee Spotlight



A quick yarn with Angel...

What do you do here at South Coast AMS?

I am an Aboriginal Health Practitioner.

How long have you worked with us?

Since August, about 5 months.

What does working at AMS mean to you?

Being able to provide care in a culturally safe manner and give back to our people is very fulfilling, it gives me a purpose to be able to help our people, and I learn so much from community.



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

In my downtime, I like to either game or read books.

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

An achievement would be being able to offer the clinic's ear screening services again.

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

Maybe Human Resources or Quality and Compliance, I have a newfound interest in some things that fall under their job title.

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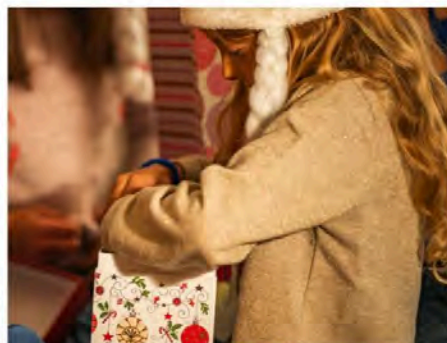
Child & Family Services

Christmas Gift Giving Initiative

One of 2025's greatest highlights was seeing the generosity of our team during our Christmas Gift Giving Initiative for kids in care. It brought joy and made a real difference for families in need. Many team members shared that delivering the presents was one of their most memorable and rewarding days at work.

"One of the families I am working with is living with very minimal items. There are four kids, and when I went and gave them their presents, it was like the most exciting day of their lives. They were over the moon, even when opening a lolly stocking, it was like they won the lottery! So special to be able to do such a small thing that has such a big impact."

The team kindly donated their Christmas tree, which they purchased for the office with their own money, to this family, and it honestly made their whole year. They were so thankful and said thank you probably five times each. When I spoke to one of the children who was given a gift from the secret Santa about her Christmas and asked what she got for Christmas, she said her present from us was her favourite present."



I can't thank you and your team enough for all the help you have been providing me. I've feeling very overwhelmed with the support.

I got the salvo stuff this morning. Was definitely helpful was able to tick off the rest of kids Xmas stuff and even got something to put away for my son's birthday in January.



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 experiences of grief, loss, and change. Change and loss can take many forms, including the loss of loved ones,

culture, connection, health, or life roles, and their impacts can be felt long after the event itself.

Through the workshop, participants are invited to explore the personal impacts of change, loss, and grief on everyday life. They learn practical coping strategies to help manage emotions, strengthen wellbeing, and connect with others in a supportive environment. Seasons for Healing uses a culturally informed approach that combines evidence-based practice with Aboriginal ways of knowing, being, and doing.

In a safe and supportive small group setting, Aunty Cheryl guided participants through the four seasons as a way of understanding the journey of grief over time. For each season, she carefully created a representation using a midden, a traditional Aboriginal concept where bones, shells, and remnants of shared meals are gathered and layered over time. Historically, middens were formed as families and communities returned to the same places, adding new layers as life continued.

The midden was used as a powerful metaphor for grief, representing the layers of loss and change we accumulate throughout our lives. Rather than removing these layers, the process focused on gently uncovering, understanding, and respecting them, recognising that grief is not something to “get over,” but something we learn to carry in healthy ways.

Participants expressed deep gratitude for the opportunity to explore their feelings in a culturally safe and supportive space. The workshop allowed for reflection, shared understanding, and healing, approached in a way that honoured culture, community, and lived experience.

Delivered in partnership with Karen Porter from Catholic Care and CAFS Caseworker Lisa McLeod, Aunty Cheryl reflected on the workshop as a deeply supportive collaboration and expressed her gratitude for the team’s care and commitment.



Carer Gifts

In recognition of the ongoing dedication of our foster carers, we recently provided gift baskets as a small gesture of thanks, a small gift to brighten their day and show our appreciation.

Our carers play a crucial role in supporting children and young people, offering care, patience, and guidance every single day. Their commitment makes a real difference in the lives of the kids and families they support.

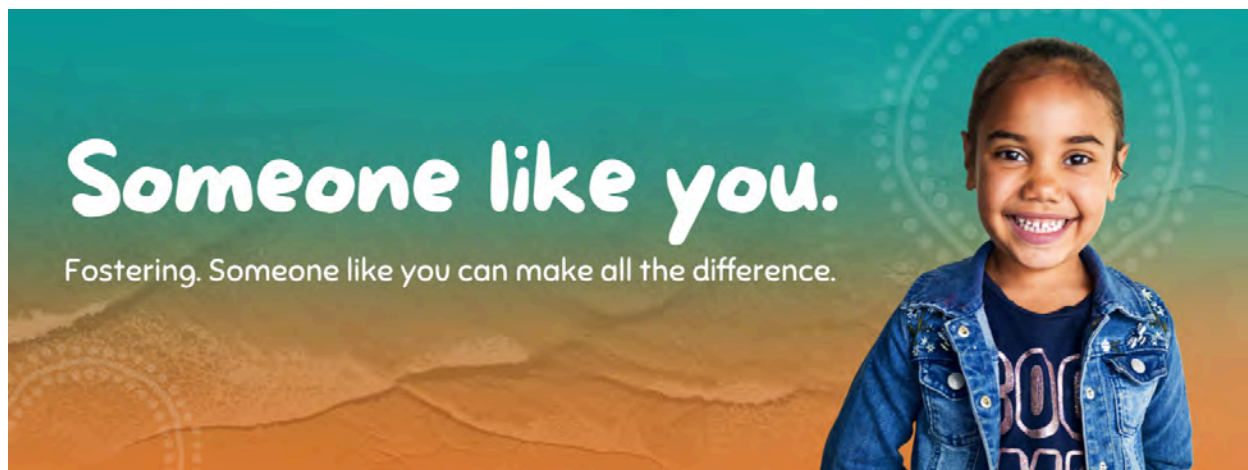
We want our carers to know that their hard work and dedication don't go unnoticed. We are grateful for each and every one of them!



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](#) to view all current positions.



[Learn More About Foster Care](#)

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