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2026 | June Digital Edition

South Coast Medical Service Aboriginal Corporation

# Dharumbalink



## Quality Organisation of the Year

We are proud to have been recognised as **Quality Organisation of the Year** at the recent Aboriginal Health & Medical Research Council of NSW Continuous Quality Improvement (CQI) Event.

This recognition reflects our ongoing commitment to providing high-quality, culturally safe services and continually improving the way we support our community.

Continuous quality improvement is about listening, learning, and making meaningful changes. Feedback from clients, community members, staff, and partners helps shape the way we deliver care and services, ensuring they remain responsive to community needs and expectations.

Across our organisation, our teams work every day to strengthen systems, improve services, and create better experiences and outcomes for the people and communities we serve. These improvements help ensure our services are safe, effective, accountable, and trusted.

This achievement belongs to our dedicated staff, whose passion and commitment drive positive change, and to our community, whose feedback, guidance, and trust help us continue to grow and improve.

We thank everyone who has been part of this journey and remain committed to delivering the highest standard of care and support for our community.



*The Aboriginal Health and Medical Research Council (AH&MRC) is the peak representative body and voice for Aboriginal Community Controlled Health Services. The AH&MRC CQI State Forum is a sector-wide event that brings services together to share learning, strengthen continuous quality improvement, and explore practical solutions to improve health outcomes. It provides an important space for collaboration, innovation, and a shared commitment to delivering better care for community.*

 South Coast Medical Service Aboriginal Corporation

# Health & Wellbeing

 South Coast Medical Service Aboriginal Corporation

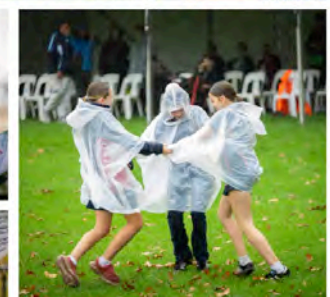
National Sorry Day Community Event Nowra

Our Sorry Day event in Nowra went ahead despite significant challenges, including changes to location and proceedings from previous years, along with relentless wet weather. National Sorry Day is a time to acknowledge the Stolen Generations and reflect on the ongoing impacts of their experiences, as well as the importance of healing and truth-telling.

As our Board Member and MC, Sharlene Cruikshank, shared on the day, the strong turnout reminded us that we do not only show up when it is easy, we show up when it is hard. We show up for survivors, for our Aboriginal community, and for the shared responsibility we hold in remembering, healing, and walking together.

The Doonooch Dancers also reminded us that rain can carry meaning, representing healing, cleansing, and new growth. While being outside in the rain rather than indoors was a challenge, it felt meaningful and worthwhile when we considered what it represents.

It was a proud moment to see so many of our team standing alongside the community on such an important day. Special thanks go to our Executive Manager, Wade, and the Events Working Group, whose planning and flexibility ensured the day remained meaningful and well delivered despite the weather. Thank you to everyone who came along and helped create a day our organisation and community can be proud of.



Sorry Day Video

# Employee Spotlight



## A quick yarn with Wade...

### What do you do here at South Coast AMS?

I am the Executive General Manager of Health and Wellbeing. I support and oversee our Wellbeing, Primary Health, and Dental teams.

### How long have you worked with us?

I started back in September 2013, so nearly 13 years ago.

### What do you enjoy most about working at South Coast AMS?

It sounds a little cliché, but it really is more than just a job for me. I have grown up seeing, and personally experiencing, the impacts of poor health and wellbeing, the disparity in healthcare for Aboriginal communities, and the huge gap in life expectancy for Aboriginal people.

I have had more family members than I care to remember pass away at a much younger age than they should have, so getting to work for an organisation like ours is pretty special because we get to directly contribute to improving the health and wellbeing outcomes of our communities. Following the path paved by our Elders, who fought the hard fight to create better opportunities for our people, inspires me every day. Knowing that the community we work with is the same community we go home to keeps me accountable and motivated, even when work is tough, and we may not be having the best day or week.

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

Everyone who knows me probably knows I love golf and fishing; those are two hobbies that I do and help me with my own self-care, a bit fanatical in fact, when it comes to golf. But what a lot of people probably don't know is that I used to be a pretty big Gamer, playing multiplayer online role-playing games. That was a hobby I had for a long time, but I don't do it anymore.

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

There isn't one that stands out, however the 40th Anniversary event, I felt lucky to be a part of that, so much history that led to that celebration. But overall, it is the opportunities I have been given during



my time here. I started as a Project Officer on a 10-month secondment back in 2013, and I have been lucky enough to continue my employment for all these years, and it has taught me so much.

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

Probably someone in QCR. I like numbers and data, and I enjoy being able to analyse information while also understanding what it means in practice. Looking at how data can drive better outcomes from a different perspective to direct community engagement is something that really interests me. If I had more time in my current role, I'd probably spend more of it working on data analysis and quality improvement ideas.



## Flu Shots

Our 2026 influenza vaccines have arrived and are now available at the Jane Ardler Centre. There are two easy ways to access the vaccine:

- Via walk-in, Monday to Friday from 8:30 am
- Via appointment

If the clinic experiences a high volume of walk-ins, there may be a wait time. If you prefer to book ahead rather than walk in, please contact reception to arrange an appointment.

### Why should I get the Flu Vaccine?

Getting a flu vaccine is crucial for protecting yourself and others from influenza, a serious and contagious respiratory illness. Here's why getting the flu vaccine is important:

**Protection from illness:** The flu vaccine significantly reduces the risk of getting sick with influenza, and even if you do get it, the vaccine can help prevent severe illness and hospitalisation.

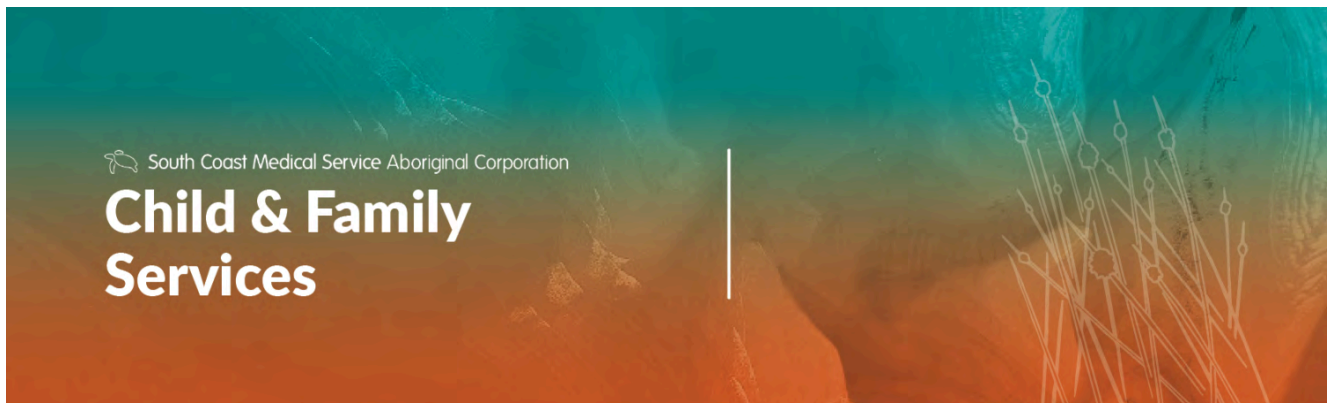
**Protection for vulnerable populations:** Flu can be particularly dangerous for babies, young children, pregnant women, the elderly, and individuals with underlying medical conditions, making vaccination even more crucial for them.

**Community protection:** Vaccination helps to reduce the spread of influenza, protecting those who are at higher risk and those who may be more susceptible to complications.

**Safety and effectiveness:** The flu vaccine has a great safety record and is recommended by health

organisations worldwide.

If you would like more information regarding influenza vaccinations, please visit [NSW Health](#)  
To book an appointment, please contact reception staff.



## Strong Foundations

Richard, Wade, and Tazma recently had the opportunity to facilitate a Strong Foundations presentation at the Coordinare All Staff Conference. Sitting together on the panel, the team highlighted key data insights and important historical context that have supported the continued success and growth of the Strong Foundations Program.

Following the presentation, the team took part in a Q&A session where attendees were able to ask questions and engage in meaningful discussions around the program. They discussed the positive outcomes of early intervention, the importance of culturally informed practice, sustainable relationships with individuals and community, and the importance of ongoing support and collaboration. The presentation created a strong sense of engagement and provided an opportunity to further showcase the positive outcomes Strong Foundations continues to achieve.



## Upcoming Parenting Programs

### Seeing Red

**Date:** Wed 3rd June – Wed 1st July

**Register:** [fcs@southcoastams.org.au](mailto:fcs@southcoastams.org.au)

This program supports adults to better understand and manage challenging emotions in a safe and supportive group setting. Through discussions and practical activities, participants learn to recognise and respond to emotions in healthy ways, build empathy, strengthen communication and conflict resolution skills, and enhance relationships through positive, respectful interactions.

#### Seeing Red Program

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South Coast  
Medical Service  
*Integrated Community*

**Seeing Red**  
Introduction to managing challenging emotions

**Adults who want support with managing their challenging emotions**  
Strong emotions are natural and are felt by everyone. Learn to recognise, communicate and listen to your feelings, as well as the feelings of those around you. In a supportive group setting, learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

**Sessions focus on**

- Identify, acknowledge and process your emotions and how to plan an appropriate response for managing them in the future
- Understand empathy and how it can help you manage challenging emotions
- Develop skills in communication, conflict resolution and assertiveness

**Where & When**

**Day/Date:** Wednesday 3<sup>rd</sup> June – 1<sup>st</sup> July 2026  
**Time:** 10am-12.30pm  
**Location:** Gadu & Nudgang Rooms, Jane Ardler Building, 51-53 Berry St, Nowra NSW 2541

**How to Book**

**Phone – 1800 267 327, and ask for Community and Family Support Program**  
**Email – [fcs@southcoastams.org.au](mailto:fcs@southcoastams.org.au)**

CatholicCare is funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

### Bringing Up Great Kids in Kinship & Foster Care

**Date:** To be determined

**Register:** [fcs@southcoastams.org.au](mailto:fcs@southcoastams.org.au)

This program supports kinship and foster carers to better understand children's development, behaviour, and emotional needs. Through guided reflection and discussion, participants explore the impact of experiences on children's development, gain insight into behaviour, and learn strategies to support both children's wellbeing and their own self-care.

#### Bringing Up Great Kids Program

**Bringing up great kids**  
Kinship & Foster Care



This program gives you a chance to think about children, parenting and how you can provide children with the experiences you want for them as they grow up.

The Bringing Up Great Kids in Kinship and Foster Care program supports you as a kinship or foster carer to:

- reflect on your family and the changes that may have occurred since you became a kinship or foster carer
- explore children's brain development, and the influence of experiences and environment
- explore the meaning behind children's behaviour, and how you respond
- explore the importance of self-care and relationships throughout your journey of caring for children

**DATE:** (TBC)  
**TIME:** (TBC)  
**LOCATION:** (TBC)

**Expressions of Interest:** Contact SCMSAC 1800 267 327 and ask to speak with Kylie Skillen or email: [fcs@southcoastams.org.au](mailto:fcs@southcoastams.org.au)

**South Coast Medical Service**  
*Integrated Community*

(02) 4448 0200 / option #2  
[www.southcoastams.org.au](http://www.southcoastams.org.au)  
[psmbaw@southcoastams.org.au](mailto:psmbaw@southcoastams.org.au)  
ICN 182 Follow us @scmsac

## Black Box Parenting Program

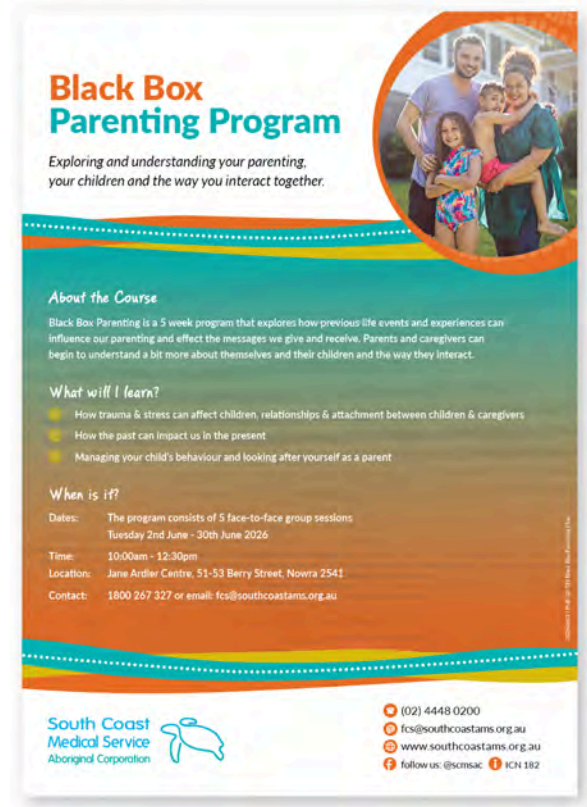
**Dates:** Tues 2nd June – Tues 30th June

**Time:** 10:00am – 12:30pm

**Register:** [fcs@southcoastams.org.au](mailto:fcs@southcoastams.org.au)

This 5-week parenting program helps parents and caregivers better understand themselves, their children, and family relationships. Through a supportive group environment, participants explore how past experiences and stress can influence parenting, gain insight into children's behaviour, and learn strategies to strengthen relationships and support family wellbeing.

Black Box Parenting Program



**Black Box Parenting Program**

Exploring and understanding your parenting, your children and the way you interact together.

**About the Course**

Black Box Parenting is a 5 week program that explores how previous life events and experiences can influence our parenting and effect the messages we give and receive. Parents and caregivers can begin to understand a bit more about themselves and their children and the way they interact.

**What will I learn?**

- How trauma & stress can affect children, relationships & attachment between children & caregivers
- How the past can impact us in the present
- Managing your child's behaviour and looking after yourself as a parent

**When is it?**

**Dates:** The program consists of 5 face-to-face group sessions  
Tuesday 2nd June – 30th June 2026

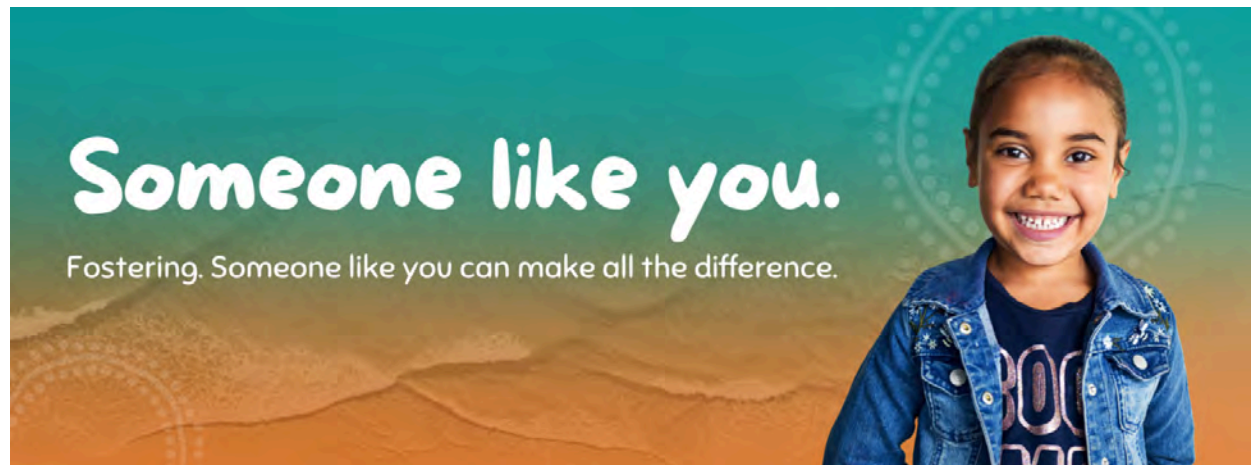
**Time:** 10:00am - 12:30pm

**Location:** Jane Ardler Centre, 51-53 Berry Street, Nowra 2541

**Contact:** 1800 257 327 or email: [fcs@southcoastams.org.au](mailto:fcs@southcoastams.org.au)

**South Coast Medical Service Aboriginal Corporation**

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**Someone like you.**

Fostering. Someone like you can make all the difference.

Learn More About Foster Care

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