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2026 | July Digital Edition

South Coast Medical Service Aboriginal Corporation

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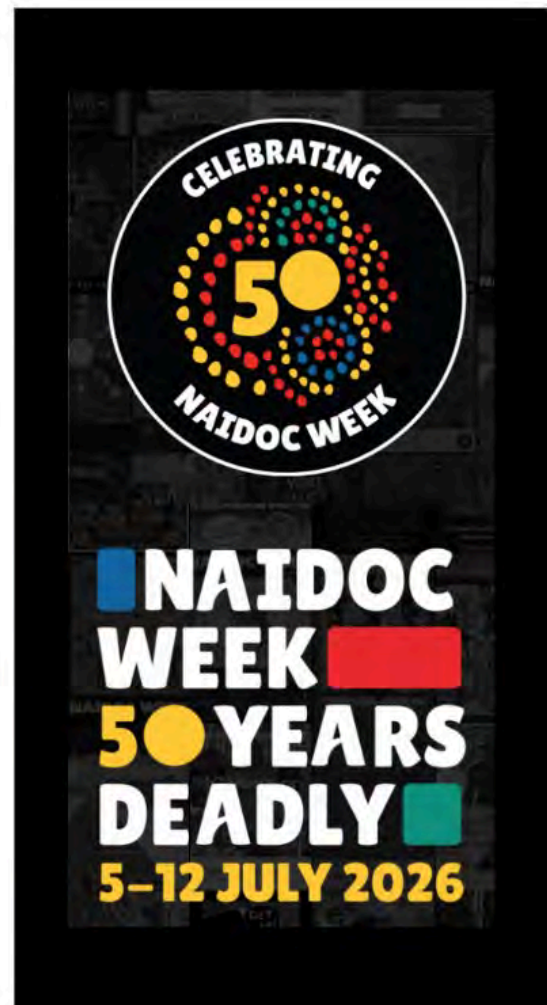


Celebrating 50 Years of NAIDOC

This year marks 50 years of NAIDOC Week, a significant milestone celebrating the strength, resilience, and achievements of Aboriginal and Torres Strait Islander peoples. For five decades, NAIDOC has been a powerful reminder of the generations who fought and paved the way for the opportunities we have today. We honour the Elders, leaders, advocates, and communities whose courage and determination continue to inspire us.

As we celebrate this milestone, we also look to the future. To the young people growing up proud in their identity, to the families strengthened through community, and to every step towards better health, education, and opportunity that carries this legacy forward.

We're very proud to play our part by supporting healthier, stronger communities and creating culturally safe spaces where Culture is celebrated and supported every day.



Shoalhaven NAIDOC Event

It was a deadly day at Shoalhaven NAIDOC! It was fantastic to see so many families coming together to celebrate Culture and Community. Our team went all out, serving up our popular Deadly Meals, a healthy spin on a Happy Meal, with wraps, fresh fruit, water, a toy, and custom-designed cultural packaging created in-house. We also loved seeing families enjoy our community-designed colouring sheets, scratch art, face painting, temporary tattoos, footy target games, and plenty of prizes throughout the day.

One of the highlights was our Teddy Bear Clinic, where our doctors and nurses helped our booris learn about the importance of health checks in a fun, friendly, and hands-on way. It was a wonderful opportunity for children and families to meet our health team, build confidence around visiting the doctor, and make healthcare a positive experience. It was also fantastic to see our doctors, nurses, and dental team outside the clinic, connecting with community in such a meaningful way.

A huge thank you to our team who helped make the day so special. It was wonderful to see staff from across the organisation working together to create such an engaging and fun stall for our community.



Mogo NAIDOC Community Day

Our team enjoyed a great day connecting with community at the Mogo NAIDOC celebrations, with coloured hairspray, cultural tattoos, colouring activities, and plenty of lucky dip prizes proving popular throughout the event. It was fantastic to see so many people getting involved and enjoying the day.

A big thank you to the Batemans Bay team, who worked over the weekend to support the event and create a welcoming, fun space for our Far South Coast community.



A Deadly Day Celebrating NAIDOC Round with the Jets

It was a great day out celebrating NAIDOC Round with the Nowra Bomaderry Jets!

From the Welcome Ceremony and community activities to the excitement on the sidelines and the incredible football on display, the day was an awesome celebration of what makes our community so strong.

Congratulations to all the players, volunteers, supporters, and organisers who helped make the day such a success, and to the Jets on an outstanding performance across the grades! As proud sponsors of the team, we were honoured to stand alongside our community in celebrating Culture, connection, and great footy!



Congratulations Kiara! Aboriginal Health Practitioner

A special shout-out to our newest deadly Aboriginal Health Practitioner, Kiara Russell, who recently graduated! This is a fantastic achievement and one that represents Kiara's hard work and commitment to supporting our community.

Aboriginal Health Practitioners are leaders in our communities, providing culturally safe care and supporting physical, social, emotional and spiritual wellbeing.

We are incredibly proud to welcome Kiara into this important role and look forward to the knowledge, care, and passion she will bring to our team and community.



Dental Health Week

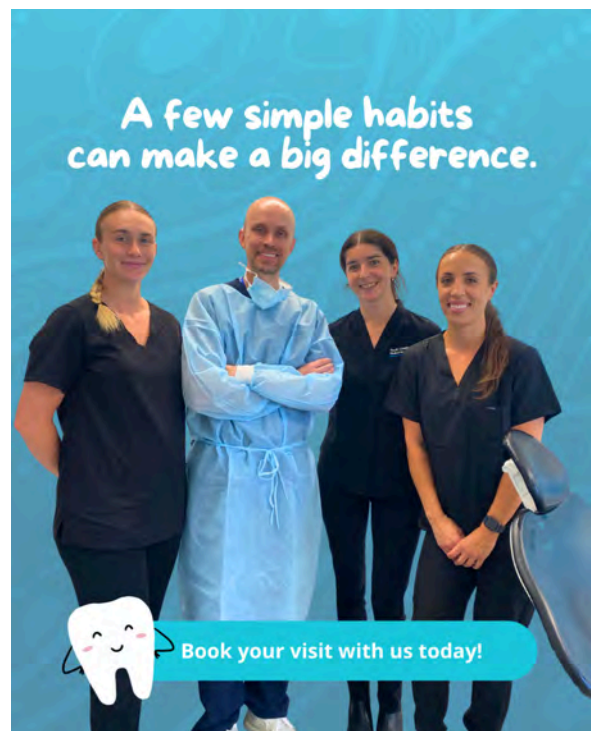
Dental Health Week (3rd- 9th August) is a great opportunity to highlight the important work of our Dental Team.

Our dental team provides welcoming, culturally safe care for community members of all ages, helping families access regular check-ups, preventative care, and support to maintain healthy teeth and gums. And with Coralee on board, our service is able to provide specialised support for children and young people, helping build positive dental experiences and healthy habits from an early age.

Regular dental check-ups every six months are an important part of preventing oral health issues by identifying concerns early, reducing the risk of pain, and helping people maintain a healthy smile.

During Dental Health Week, we encourage community to book a visit. If you're due for a check-up or haven't seen a dentist in years, our dental team is here to provide support without judgement.

Community members are encouraged to pop into the Jane Ardler Centre during Dental Health Week to book their next check-up and grab some free dental health resources to support healthy teeth and gums at home.



Now's the Time to get your flu shots

Keep your and your mob healthy and active this flu season



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 get in touch with reception to arrange an appointment; call 4448 0200.

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.

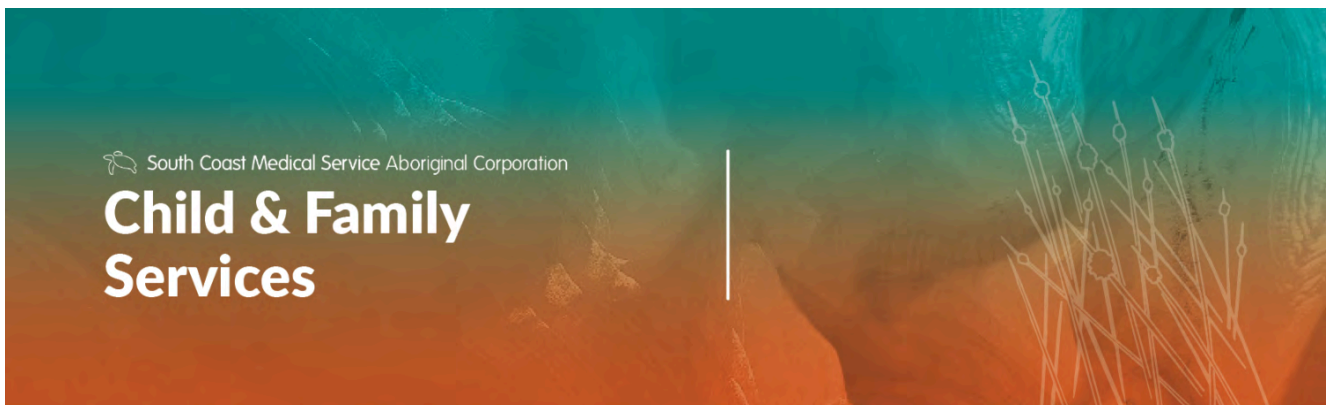
Community protection: Vaccination helps to reduce the spread of influenza, protecting those who are at higher risk and those who may be more susceptible to complications.

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.

 South Coast Medical Service Aboriginal Corporation

**Child & Family
Services**



Supporting Families Through Brighter Beginnings

Our Family Connect & Support team is proud to now be delivering the **Brighter Beginnings** program in pre-schools across the Shoalhaven and Illawarra.

Brighter Beginnings is a joint initiative of the NSW Department of Communities and Justice and the Department of Education, designed to give children the best possible start in life by supporting families during the important early years, from birth to five years of age. The program works alongside early learning services, including preschools and childcare centres, to provide practical, flexible support that responds to each family's unique needs.

Our team is working closely with local Early Learning Services to build strong relationships with educators, connect with families, and provide early support before challenges become more complex. Through outreach, we can meet families where they already feel comfortable, making it easier to access advice, resources, and referrals to the services they need.



 South Coast Medical Service Aboriginal Corporation

Employee Spotlight



A quick yarn with Alissa...

What do you do here at South Coast AMS?

I am a permanency support worker in the Child and Family Services Team. I provide support to children in out-of-home care, their carers, and their families.

How long have you worked with us?

8.5 years.

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

Working at South Coast AMS means that I get the opportunity to make a positive difference in people's lives. Out of home care can be an overwhelming, sad, or scary experience for kids and their families – working here gives me a chance to help change that.

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

I like being creative in my spare time - sewing, crocheting, jewellery making, and wood carving are some of my hobbies.

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

Some of my most memorable moments have been supporting children to connect with family and helping them meet up with someone they haven't seen in a long time.

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

I think it would be really interesting to spend a day with one of the community/school-based programs, like the dental van or the Stronger Foundations program. Spending time with clients and kids in the community is always a good day.



Dads Tuning into Kids

Do you know a dad, stepdad, grandfather, or male carer looking to strengthen their relationship with their child?

Dads Tuning in to Kids is a free six-session parenting program designed for fathers and male carers of children up to 12 years of age. Beginning 28th July, the program helps dads better understand their children's emotions and build practical skills to support them through everyday challenges.

The program gives dads practical strategies to strengthen communication, build confidence in parenting, and create stronger, more connected relationships with their children.

Places are limited. To find out more or register your interest, contact our Child and Family Services team: fcs@southcoastams.org.au or call 4448 0200.



Dads Tuning in to Kids
Parenting Program

Dads Tuning in to Kids is a six session group program for fathers and carers of children up to 12 years old. This program teaches you how to help your child understand and manage feelings ('emotional intelligence').

Children with good emotional intelligence:

- Have better concentration at school
- Have greater success with making and keeping friends
- Are more able to manage conflict with peers
- Are more able to calm down when upset or angry

DATE: Six Tuesday Sessions
Each Tuesday starting 28th July - 1st September 2026

TIME: 10am to 12:30pm

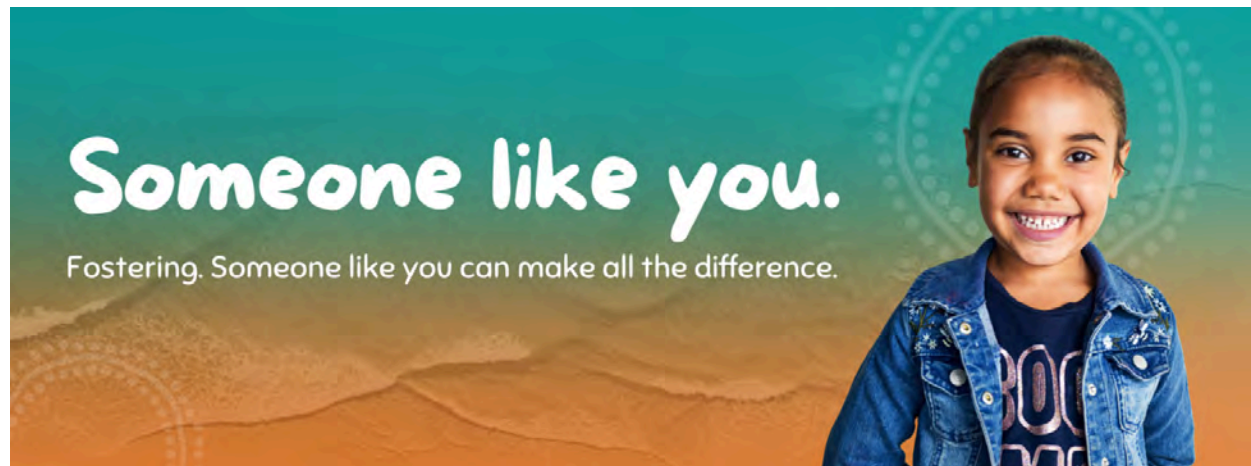
LOCATION: Jane Ardler Centre, 51-53 Berry Street, Nowra 2541

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

South Coast Medical Service
Aboriginal Connections

(02) 4448 0200 / option #2
www.southcoastams.org.au
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Dads Tuning Into Kids Flyer



Someone like you.
Fostering. Someone like you can make all the difference.

Learn More About Foster Care

Email: psintake@southcoastams.org.au