

Durri Aboriginal Corporation Medical Service



Community Newsletter



From left to right: Norma Kelly, Alison Martin, Karen Kennedy, Cheryl Davis, Kelvin Jannet and Donald Griffen ; Insert: Kerry Wade

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I wish to pay my respects to the country of the Dughutti Nation, this wonderful country of ours. I would also like to pay our respect to our Elders past and present. I would also on behalf of our Board and Staff wish to pay our respect to all those who have passed in recent times.

Welcome to our new edition of what we hope will be a regular newsletter about what is happening in Durri. The Board recognises that our community have been in the dark and curious about the happenings in Durri. The Board hopes to bring you up to date with what's been happening and where Durri is heading through a regular newsletter.

Durri continues to work towards providing the best possible primary health care service to the local and surrounding community it service. We realise that Durri has not been able to provide that service effectively as it would like to have for various reasons.

Early last year, shortly after the Annual General Meeting, the Board realised it needed help to re-establish and build the service to the community. In seeking help an approach was made to Maari Ma in Broken Hill. An Agreement was signed between Durri and Maari Ma for the secondment of a Maari Ma Senior Health experienced Officer to assist Durri. As a result of the signing of that agreement, Tim Agius was seconded from Maari Ma to Durri. There was no plan, despite concern that Maari Ma was going to take over Durri.

Up until the Annual General Meeting in November 2015 The Board has been extremely busy with responding to Governance Matters and funding bodies requirements, and getting past an ORIC Governance Health Assessment. The ORIC Governance Health Assessment is a requirement from ORIC which is conducted 2 to 3 years after an organisation had gone under Administration and the organisation has been handed back to its new Board. I am pleased to report the Board successfully was able to satisfy the Funding Bodies requirements and pass the ORIC Health Governance Assessment.

Even though we passed the Assessment we are still required to address a number of issues with regards to AGM process and practices. These matters are issues that most other Organisations experience. However I believe Durri is well on its way to becoming the Service it was some time ago, and there is still a lot of hard work for this Board to do to get there. There are still a couple of matters that are not completed, as they are subject to a legal process. We will report back to the Community as soon as we are able to on these matters. Durri will be posting information on our website which is being updated. Our website is www.durri.org.au

In our next newsletter we will provide information on Durri Future Directions, and some of our priorities. In the meantime if anyone in our community would like to give us feedback or comments about how we can continue to improve our health services to our community please provide us with suggestions on how we might do that.

I would also like to thank both Wendy Cown and Nicole Turner as Board Members for their contribution on the Board.

Alison Martin—Chairperson
Durri Aboriginal Corporation Medical Service



Hi, my name is Tim Agius, I am originally from Adelaide, South Australia. I have now been living in NSW for over 20 years. My mob are the Kurna and Narrungga people from the Adelaide Hills and Plains and the York Peninsula of South Australia.

I am here as a result of the Agreement reached between Durri and Maari Ma in April last year. After the Agreement lapsed I agreed to stay on to help the Board get to a better position to recruit a long term Chief Executive Officer. I am acutely aware that I am not a local and that Durri's long term plan is to have someone local running its service. This is a vision that is strongly supported.

The job since arriving here in May last year has been extremely hard and difficult, but with the persistence and commitment of the Board and the staff support we have managed to continue to improve Durri to provide services to Community. The staff are always thinking about continuous quality improvement with the services it provides for this community.

I would welcome an opportunity to meet with the respective agencies and community to discuss how Durri can continue to improve its services.

Tim



Durri - medical service for you and your mob!

"A good organisation"

-Jim

"Great for the community"

- Karen

Durri is a friendly, welcoming place. - Kathryn

It's the best thing ever happened for our people. People who understand our needs and wants.

- Peggy

Very community oriented

- Catherine

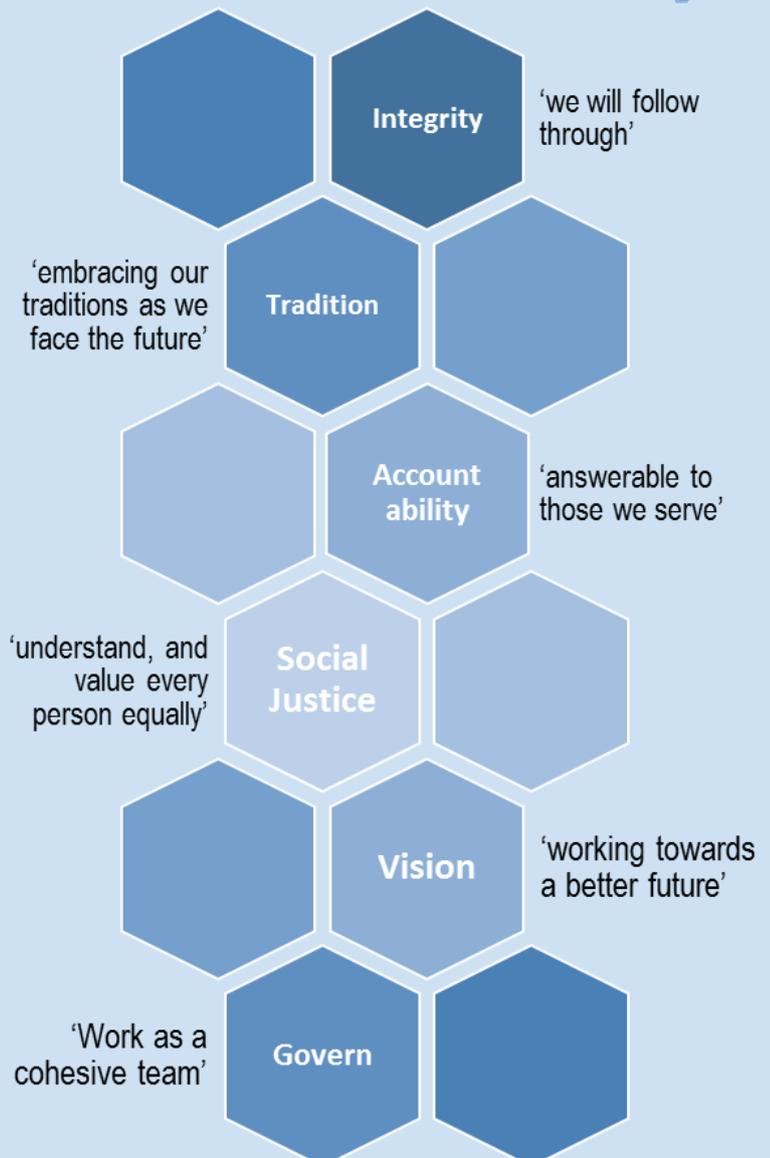
Professional,
Competent,
Friendly, and
Helpful
- Roslyn

Wonderful Service

-Keryn

Core Values

2014-15 Annual Report



Ready Mob

'Ready Mob' stands for "Really Evaluate and Decide Yourself Make Ourselves Better". This is a Health Program run across the Mid North Coast of NSW. Our region extends from Yarrarra through to Port Macquarie. Within this catchment there are three major Aboriginal Medical Services (AMS) Galambila, Durri and Werin, that we work in close partnership with.

Ready Mob is excited to announce that we've been funded for the next two years which is a great opportunity for our communities because we believe the power is in the hands of individuals within the community. Over the past 18 months 'Ready Mob' has had a huge focus on tackling smoking and healthy lifestyles, and



trying to get our communities up and active. We offer each of our communities a chance to host our 10 week 'Get fit n Quit' class, which is a fitness class aimed at assisting clients in quitting smoking and generally- improving their lifestyles. 'Ready Mob' not only run the fitness classes but also actively get out amongst the community and involve ourselves in any major or minor community event, running preventative health campaigns throughout our schools.

Ready Mob is looking forward to bigger and better things in 2016, so get excited and keep your eyes peeled for Ready Mob in 2016. Like us on facebook for more info.



Pack a DEADLY lunch for your Mob

Grains! Include 1—2 of these each day.

- one slice of multigrain/ wholemeal bread
- pikelets
- wrap bread
- pasta
- rice



Fruit! Include 1—2 :

- piece of fruit (apple, orange, kiwi fruit)
- freshly chopped fruit
- fruit cup or tinned fruit



Vegetables, as many as you like:

- celery and carrot sticks with dip (e.g. tzat ziki, hummus, salsa)
- salad
- steamed veggies



Dairy

- Include one of:
- yoghurt
 - cheese stick
 - milk poppa (no added sugar)



Water is the best drink for kids. Even fruit juice is too high in sugar and should be a special treat



Meat or alternative. Pack one of

- a boiled egg
- left over roast chicken
- tin of tuna

With Aboriginal Maternal and Infant Health (AMIH), two experienced midwives (Patty and Susie) and an Aboriginal Health Worker (Nat) care for you and your family throughout your pregnancy and until your baby is 8 weeks old. Antenatal care is provided in the clinic at Durri and home visits are available for those that need them. We do yarning up sessions on pregnancy, birth, feeding your baby and parenting for you and your family.

After you are discharged from hospital with your new bub, we will visit you at home weekly for 8 weeks. We provide transport to the clinic for appointments if necessary.

The AMIH team also visits the Vocational Cottage for young mums at Kempsey West Public School to talk to year 6 girls.

Make sure you come in for an antenatal health check if you or someone you know is pregnant or call Patty on (02) 6560 2366 for more information or to book an appointment. At the end of the day strong bubs, means a strong mob.



Left to right: Natalie, Patty, Susie

Strong Mothers,
Strong Babies

MATERNAL & INFANT HEALTH TAKE BLAKTION

Don't Be Shame, Be Game.
Protect Yourself!

'Take Blaktion' is all about taking charge of your life and taking care of yourself and your partner. Sexual Health Protection and Sexually Transmittable Infections (STIs) prevention is an important issue for our Aboriginal and Torres Strait Islander community. Younger people between 16 and 30 years of age are at a higher risk but the whole mob should protect itself.

Always use protection when you have sex to protect yourself from STIs and unwanted pregnancy, it doesn't matter if you have sex with males, females or both.

Make sure you ask for a sexual health check up next time you come to Durri and have them regularly if you have multiple partners. All you need to do is give some pee and some blood and you can be checked for all STIs and HIV. It only takes 1 week and doctors will let you know about your results—all services are private and confidential and no one else will know.

Take a look around the deadly site at <https://playsafe.health.nsw.gov.au/takeblaktion/>

Condoms are there for you,
so be game and take a few!



Discussion with a Dentist



Roshan Abraham is the new Dentist at Durri and we did a quick interview to get to know him better.

Why did you decide to work at Durri ACMS?

I used to work at Port Macquarie as a senior dental officer for the mid-north coast area health service since 2007. There were a lot of challenges there and I implemented a lot of changes. As I came to know the communities, I realised the important work that needed to be done amongst our communities. In 2012, I was approached by the Dunghutti Elders to develop an oral health program in Greenhill School, producing an award winning project that improved the oral health of Aboriginal children. I realise the importance of working directly with the Durri ACMS and local community elders to form links with the community in order to 'close the oral health gap'.

Was it hard moving your work here?

Not really, I worked previously in Port Macquarie and my wife and kids are there so it's not really that different.

Why did you want to become a dentist in the first place?

My dad was a dentist and he wanted me to be a doctor. When I finished year 12, I didn't want to spend the rest of my life specialising so I thought I would become a dentist and work in my father's practice. Ironically, I've had to specialise as a dentist and I've never worked in my dad's practice!

Dental @ Durri

The Durri ACMS dental team has been working tirelessly to address the dental needs of the local Dunghutti people. It was created after we found higher dental disease in our community compared to the non-Koori population. We need to close this 'oral health gap'.

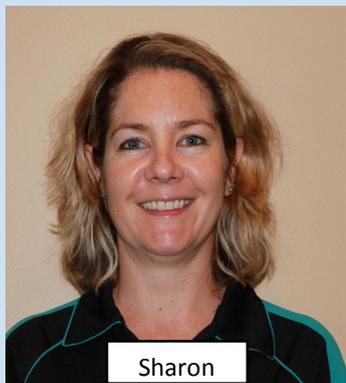
We can't do this without your help. It is important that you come in for a dental assessment and any associated follow up appointments. Our clinic can handle emergencies (painful teeth, broken teeth etc.) but we are mainly here to transform the direction of Durri dental services from an interventional service to a preventative one.

The dental team includes (from left to right): Roshan Abraham (Dentist), Tina Chapman (Dental Assistant) and Norma Griffen (Dental Assistant), who are here to make you smile confidently.

If you want any information or would like to book an appointment, please call (02) 6560 2332.



Left to Right: Norma, Roshan, Tina



Sharon



Noelene



Tracey

Deadly Nurses

Don't forget to get your free Health Check!



Judy



Julie



Ben



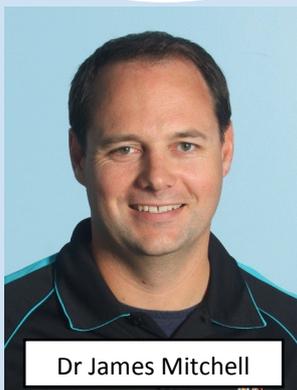
Steve

Keeping you strong!

Immunisations protect your mob from nasty disease



Dr Wendy Olden



Dr James Mitchell



Dr Peter Fletcher

Deadly GP's



Dr Annika Nieuwoudt



Dr Lisa An



Dr Carol Booth



Dr Kathryn Eikenhorst



Dr Fares Samara

CLOSETHEGAP

Chronically Deadly!



Sue



From left to right: Allan, Delya , Kate, Colleen

If you have diabetes, lung disease, sleep apnoea, chronic kidney disease or any other long term illness, these guys are for you. Together, Alan , Delya, Kate, Colleen, Tracey and Sue aim to provide accessible and culturally appropriate care to minimise the impact of chronic disease on our community. This includes early intervention for clients at risk of a chronic condition and programs to improve the care co-ordination and management of Aboriginal people with chronic disease

Programs Team



Kim & Alison



Paula



From left to right: Michelle, Stacey, Diana, Leanne, Janice, Malika, Cecily

Our programs staff run all of our deadly community programs, including mental health, sexual health, mums and bubs, hearing health and many more health programs for you to get involved in. Check out their upcoming events in the "What's Coming Up" section on the back page.



From Left to Right: Kayla, Imee, Nyokiee, Alicia

Keeping Durri Working

Our finance and administration teams help us to be an effective and efficient team. This ensures we can keep Durri open and serving the Dughutti mob.

Our reception staff are the first people you will meet at Durri and will help link the community up with GP's, allied health, health promotion and all of the other services that Durri ACMS provides.

Transport services enable our Koori mob to get to their appointments at Durri.



Elizabeth



From Left to Right: Leeanne, Raelene, Tanya



Jacqui



Dave



Rodney

'Healing Hands' Darrimba Marra AMS

Darrimba Maara AMS has been open in Nambucca since 2004. Their value statement 'Shift to Excellence' reflects their desire to address the well being of Aboriginal and Torres Strait Islanders in their community. The team includes Aboriginal Health workers, transport officers, Nurses, GP's and visiting specialists. Pop in and see the team at 13/42 Bowra Street, Nambucca heads, or call on (02) 6598 6800



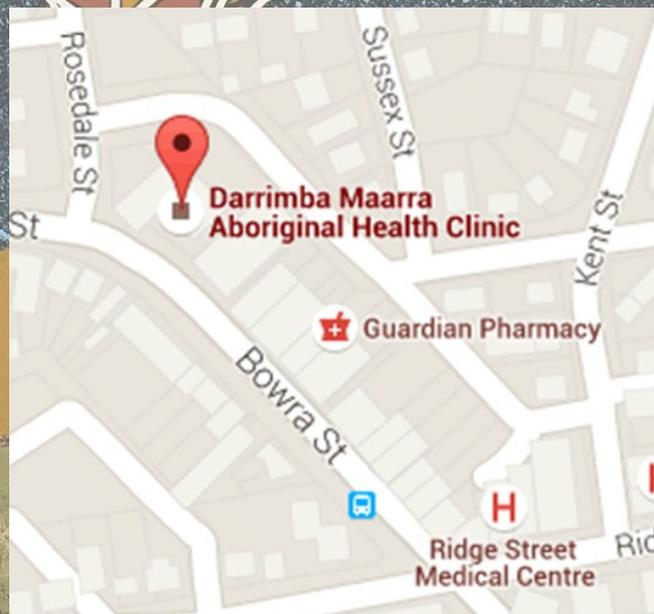
From Left to Right: Barry, Tracey, Lindy, Tia, Celia and Chris



Dr Danny Ryan



Dr Fiona McGovern



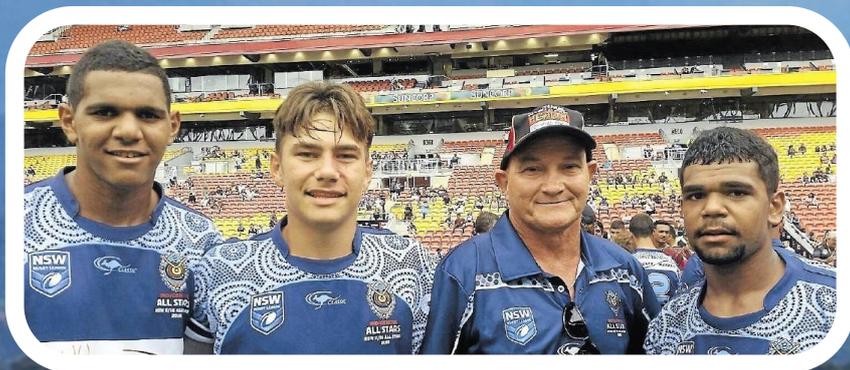
We are located in an arcade at 42 Bowra Street, near the Surf Shop and Guardian News



Dr Harriet Playle

The GP's	
Dr Danny Ryan	Mon and Thurs
Dr Fiona McGovern	Tues
Dr Harriet Playle	Wed

Our Mob, Our Stories



The U16 Indigenous All Stars NSW Koori's team played the Queensland Murri's on Saturday the 13th of February in Brisbane at Suncorp Stadium.

Three local boys—Riley Sines, Kevin Kennedy and NSW Koori Captain William Lockwood Jr—played with 20 other Indigenous players from around NSW. These top NSW rugby league players were chosen for their dedication and skills on the field.

The game was tight from the start with the Koori's coming back from 10-nil to 10-6 by half time.

After half time, they managed make it back to 10 all before a Murri penalty goal put QLD in front by the 70th minute. A goal saw the Koori's draw again before losing the opportunity to win the game by missing a shot at penalty goal. The game was exciting and entertaining and it was promising see the talent on field and the future of Indigenous Rugby League.

This article first appeared in The Macleay Argus as "The boys do Kempsey proud".

Women's Day Event

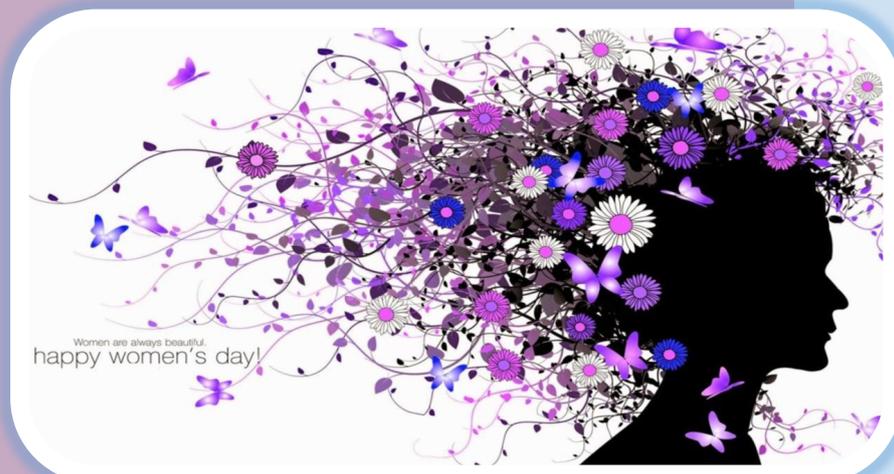
Join us in celebrating International Women's Day on Friday 11th of March at Nambucca Health One from 930am.

WHERE: Nambucca HealthOne, Fred Brain Avenue, Nambucca Heads ; **WHEN:** Friday 11th March

The day will focus on the health and wellbeing of Aboriginal Women and is aimed at prevention, education and awareness of women's health.

There will be various activities including the opportunity for Female Health Checks as well as exercise activities. Lunch and morning tea is provided as well as opportunities to see services available for you and other Indigenous women.

Please contact Ellice Buchanan for more information on 0477 335 051.



Weekly Specialists	
Mon	
Tues	Dr Farez Samara (Addiction Medicine)
Wed	
Thurs	
Fri	Adult Psychiatrist (Dr Ross)

Weekly Allied Health	
Mon	
Tues	Physiotherapist
Wed	
Thurs	Physiotherapist
Fri	Podiatrist Dietician Exercise Physiologist

Weekly GP's	
Dr Peter Fletcher	Mon, Tues, Thurs
Dr Wendy Olden	Wed, Fri
Dr Carol Booth	Monday to Wed
Dr James Mitchell	Everyday
Dr Lisa An	All except Monday
Dr Anica Nieuwoudt	All except Friday
Dr Kathryn Eikenhorst	All except Tuesday

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Ear, Nose and Throat Specialist	2 Eye clinic	3	4 Adult Psych, Endocrine, Eye clinic	5	6
7	8	9	10	11 Dr Johnson, Renal Clinic, Women's Day	12	13
14	15 Breast Screen Van, Paediatrics	16	17 'Close the Gap' Day Geriatric Clinic	18 Staff Mufti Day Respiratory	19	20
21 Harmony Day	22	23	24	25 Good Friday—Durri Closed	26 Easter	27 Easter
28 Easter Monday—Durri Closed	29	30 Child Psychiatrist	31 Child Psychiatrist, Eye Clinic			

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Eye Clinic, Endocrine Clinic	2	3
4	5 Breast Screen Van	6	7 World Health Day	8	9	10
11 National Youth Week	12 Paediatrics (Dr Kerr)	13	14 Youth Week BBQ at Durri	15 Renal Clinic	16	17
18	19	20	21 Geriatric Clinic	22 Respiratory Clinic	23	24
25 ANZAC day—Durri Closed	26 Breast Screen Van, Return to School	27 Immunisation info & morning tea Child Psychiatrist	28 Child Psychiatrist	29 Endocrine Clinic	30	

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3 Paediatrics (Dr Kerr)	4	5 Paediatrics (Dr Johnson)	6	7	8
9	10 Ear, Nose and Throat Specialist	11	12	13 Renal	14	15
16	17	18	19 Geriatric Clinic	20	21	22
23	24	25 Eye Clinic, Child Psychiatrist	26 Child Psychiatrist	27 Eye Clinic, Endocrine Clinic	28	29
30	31					

MARCH 2016

APRIL 2016

MAY 2016

What's Coming Up

March

- 11th - International Women's Day Event
- 17th - Close the Gap Day at Kempsey Hospital
- Easter Egg Raffle

April

- Anzac Day
- 14th - National Youth Week BBQ

May

- 26th - National Sorry Day and Morning tea
- National Reconciliation Week

June

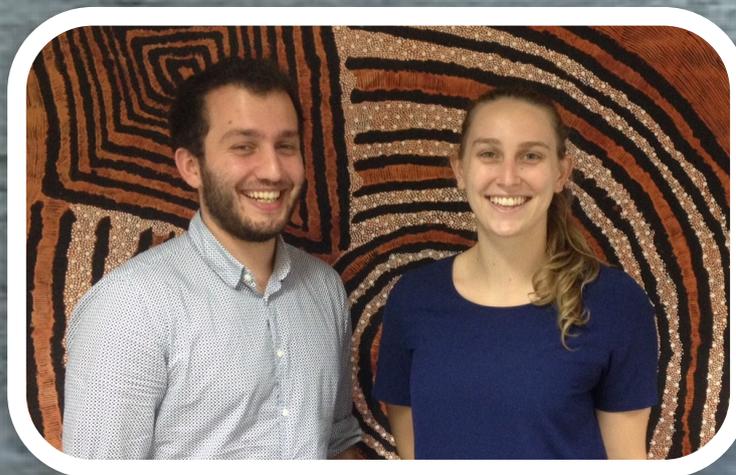
- 14th – Drug Action BBQ

July

- NAIDOC week

August

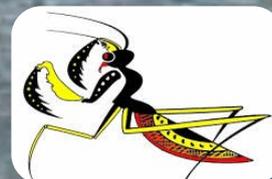
- Durri's 40th Anniversary Celebrations



WESTERN SYDNEY
UNIVERSITY



The Western Sydney University medical students would like to thank Durri ACMS for their partnership and for contributing to the education of our future doctors.



Cut off and put on your fridge :)

