

UPCOMING EVENTS & PROGRAMS

EVENTS

22 Feb - Community Lunch DWECH

27 Feb - Ngootyoong Yarning Circle



PROGRAMS

Tuesdays - Men's Group

Wednesdays - Women's Group

Thursdays - Social Group & Playgroup



Contact Us

To book an appointment or for any general enquiries please Contact us at:

Dhauwurd-Wurrung Elderly & Community Health Service Inc.
14-18 Wellington Road
Portland, Victoria

(03) 55 21 75 35

Reception@dwech.com.au

"We respectfully acknowledge the traditional custodians, the Gunitjmarra peoples; we pay our respects to all Aboriginal community Elders past and present who have been an integral part of this region's history."

"Caring for the Community"

Dhauwurd - Wurrung Elderly & Community Health Service Inc.



Caring for the Community

2019 January / February Newsletter



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CEO Update

Welcoming our new Interim CEO - Tamika Amos

I would like to thank the Board of Directors for giving me the opportunity to be interim CEO. I have enjoyed my first week. It's good getting back into the working world. I look forward to seeing community come through DWECH.

Thank you to John for his time at DWECH, it was a pleasure to have worked under a Gunditjmara CEO. He has done a great job and he will be sadly missed.

So a little about what I have been up to the past 4 months. I gave birth to my beautiful daughter Poppy June back in Oct 18. She has already got her big brother Archie wrapped around her finger.

We have been spending time on country and enjoying this wonderful weather while it's here.

I look forward to seeing everyone.

Wurruk,

Tamika



VASCAL Statewide Aboriginal Basketball Carnival

21 Scott Street
PO Box 42,
Heywood Vic 3304
Tel: 03 5527 0000
Fax: 03 5527 0009
www.windamara.com
wmac@windamara.com
ABN: 71 636 105 116



2019 VASCAL Statewide Aboriginal Basketball Carnival
Friday 8 to Monday 11 March 2019

ICN: 1239

Age groups/grades for the tournament are:
Under 10's mixed (2010, 2011, 2012, 2013)
Under 12 Girls & Under 12 Boys (2008-2009)
Under 14 Girls & Under 14 Boys (2006-2007)
Under 16 Girls & Under 16 Boys (2004-2005)
Under 18 Girls & Under 18 Boys (2002-2003)
A Grade Men B Grade Men C Grade Men
A Grade Women B Grade Women C Grade Women

Children under 16 must be accompanied by an adult.

TRANSPORT & ACCOMMODATION

We will leave Heywood on Friday 8th March (children will miss a day of school), returning Monday 11th March (Times to be confirmed closer to the day). Accommodation is limited to 50 people and will be available to people staying for the 3 nights, on a first in/paid, best dressed basis. Adults using this accommodation & transport will need to have a Working with Children's Check.

JUNIOR TRAINING SESSIONS

- Thursday 14th & 21st February Heywood Secondary School Stadium 4:30 -5:30pm
- Thursday 28th February HILAC (Hamilton) 4:30 – 5:30pm
- Joint training session with Ballarat - Sunday February 24th at Ballarat Basketball Stadium – please contact Winda-Mara to register your child for this session.

PAYMENTS

All children are covered. Senior players required to pay \$50 carnival payment by Monday 4 March.

MEALS

Participants are to cover their own meals and snacks except for lunch on Saturday and Sunday. There will be a team BBQ on Sunday night.

FUNDRAISER

All participants please donate an item to our Easter Raffle before 1st April.

VOLUNTEERS

We are seeking assistance for volunteer coaches, team managers, scorers, time keepers, bus drivers etc.

To register or for more information please contact Winda-Mara Heywood on 55270000, or email Caitlin - caitlinmorris@windamara.com by 4th March.

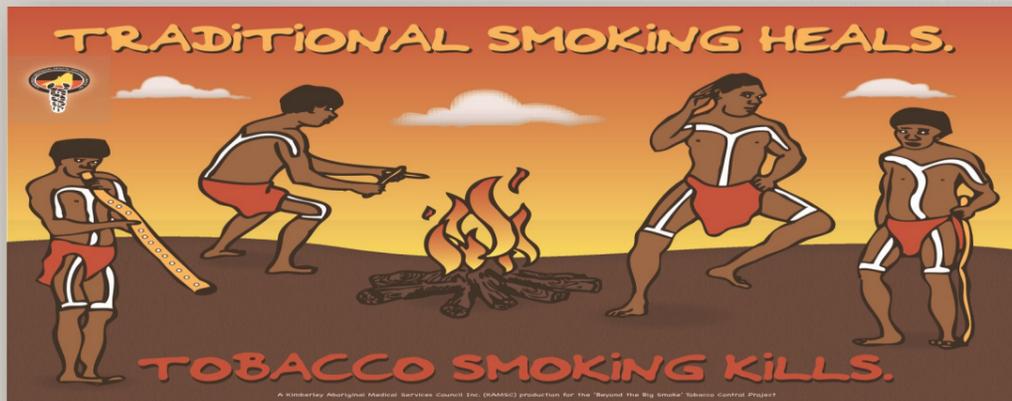


Tackling Indigenous Smoking

My name is Tony Rotumah, I am currently the TIS worker for DWECHS. My role is to help our community members to give up the cigarettes. As you know smoking is not good for your health and can cause many problems for you, heart disease, diabetes and many other illnesses.

Things I can help you with to give up the cigarettes are, NRT'S (nicotine replacement therapy), speak to our doctor on how they work. Replacement therapy includes acupuncture, hypnotherapy, exercise etc.

If you need any help on giving up please don't be afraid to get in touch with me at DWECH 55217535.



Clients are **NOT** permitted to be smoking in the staff smoking area. The clients smoking area is out the front of the building on Wellington Road. This applies for everyone.

Dhauwurd-Wurrung has a **zero tolerance policy.**

Please keep in mind every action has a repercussion. Under no circumstances are staff to endure verbal or physical abuse.

Staff Profiles

Karina Thorpe

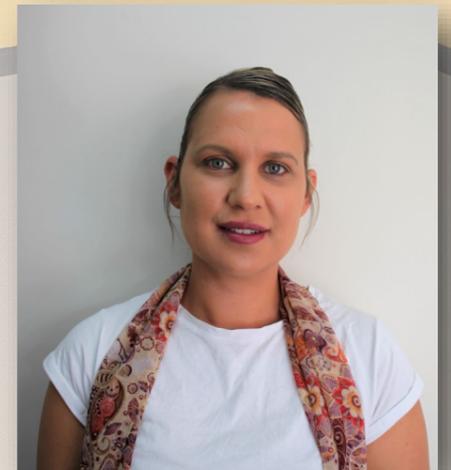
Social Emotional Wellbeing Officer / Alcohol and Other Drugs Worker

What do I do?

Drug and Alcohol Worker, Social and Emotional Wellbeing

How can I help?

I can support with court matters, drug and alcohol issues, social and emotional wellbeing and other support or AOD referrals



Leon Davis

Koori Frontline Youth engagement officer

What do I do?

Manage and facilitate culturally specific programs for First Nations youth.

How can I help?

Through engagement and programs, I aim to help First Nations youth become future cultural leaders in their communities.



Medical Update

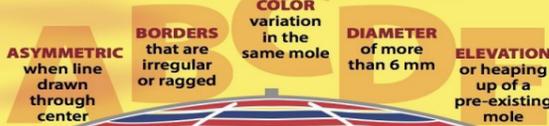
SKIN CANCER AWARENESS

WHAT YOU SHOULD KNOW

Skin cancer is the most common form of cancer in the United States. More than 3.5 million skin cancer cases are diagnosed annually. Over 76,000 new cases of melanoma of the skin are estimated for 2013.

Know your ABC's

See your dermatologist for moles or skin changes that have any of the following characteristics:



12 STAY INDOORS!
9 SAFE WITH SUNSCREEN
6

11 A.M. - 3 P.M. AVOID HIGH RISK HOURS IN THE SUN!
At any age: Always wear sunscreen and cover up any time of day!

Certain fruits and vegetables contain immune-boosting ingredients and are rich with nutrients.

EATING THREE OR FOUR AVOCADOS per week can help reduce skin damage.

Citrus fruits contain antioxidants to protect cells from changes that lead to skin cancer.

Vitamin A, found in carrots, has been linked to a reduced risk of sunburn, which can reduce the risk of skin cancer.

Effects of sun exposure may not appear until **30 YEARS** after the event.

Tanned skin is damaged by the sun's radiation. People of **ALL AGES** should limit their exposure to the sun's rays.



68
Average annual melanoma deaths in Nevada

3X!
Melanoma death rate is nearly three times higher among Nevadan men than women.

440
Estimated cases of melanoma in NV 2013



Winning the fight against cancer, every day.®

Resources:

cancer.org/acs/groups/content/epidemiology/surveillance/documents/document/acspc-036845.pdf
epa.gov/sunwise/doc/nv_facts_print.pdf
cancer.org/acs/groups/content/epidemiology/surveillance/documents/document/acspc-036845.pdf
www.epa.gov/sunwise/doc/nv_facts_print.pdf
cancercenter.com for more information or join us on Facebook www.facebook.com/cancercenter

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Dr. Ion Pop will be commencing with us up in the medical clinic from Feb 11th.

Ion is completing his GP training and will be working at DWECH in conjunction with Active Health. Dr. Pop will be available for consultations Monday, Tuesday and Wednesday afternoons 1.30pm-4:30pm.

We are hoping to extend our clinic hours, once the new entry is completed and Dr. Pop has orientated himself to the organisation.

Lynne has commenced with us in a full time capacity. Lynne is a registered nurse who has been working with us for approximately the past 12 months. Lynne is qualified for adult and child immunisations, midwifery, cervical screening and maternal & child health. Lynne is a fantastic resource for us here at DWECH and we are very lucky to have her on board with us.

Having said this though, we are very sad to have Anne Polkinghorne leaving us. Anne will be retiring from her full time position from March 1st after six years of providing a wonderful professional service to the Portland community. Anne will be spending her new found time relaxing with her grandkids. She won't be a stranger though, Anne has agreed to stay on in a casual capacity to assist with completing care plans for our chronically ill clients.

Cooking Class

Cooking Class

With Dietitian, Alecia Watson and Diabetes educator, Vicki Barbary.

When: Every Monday of the first month.

1:00pm - 3:00pm

Where: Dhauwurd-Wurrung Health Service Inc.

Free cooking class with dietitian Alecia Watson.

A great opportunity to learn new cooking techniques, Healthy Recipes and gain confidence in the kitchen to become a healthier, happier you!

Limited spots available, please call 55217898 to secure your spot!

DWECHOS

Have you come and seen our community op - shop?

We have a large range of clothing:

- Women
- Men
- Boys / Girls
- Baby

We also have other items including:

- Shoes
- Bric-a-brac
- Handbags
- Doona Covers
- School Clothing

If you would like to make any donations, please make sure items are clean and not broken.

Feel free to come and have a look next time you come in!



Ngootyoong Yarning Circle



WHERE: Ngoot Yoong Mara Centre - 90 Julia Street
STARTS: 3:45pm 27th Feb

Come in and have a yarn about different ways to deal with your worry business.

- Girls Ages from 13 -17
- The program will be running for 5 weeks
- Incentives will be received at the completion of the program.
- Culturally safe space
- Snacks Provided
- Fun activities

There are limited spots for this program, if you are interested in participating and from the Portland/ Heywood area please contact Karina Thorpe at Dhauwurd - Wurrung on 55217535.

WE ARE COVERING AND YARNING ABOUT:

ANXIETY
STRESS
MENTAL HEALTH
SELF-HARMING
STRESS MANAGEMENT
EMOTIONS
ALCOHOL
SOCIAL WELL BEING
DEPRESSION
YARNDI



Are you 25-74 Years old?
Has your last Cervical Screening been over 2 years?

A Certified Cervical Screening Nurse now available at Dhauwurd-Wurrung Health Service.

The cervical screening test has now changed from every 2 years to 5 years. The cervical screening test is more effective than the Pap Smear at preventing cervical cancer as it detects the Human Papilloma Virus (HPV) and can show any changes in the cells.



Speak with the medical receptionist for more information or to book your Appointment

YOUTH GROUP

Youth Group is starting back up!
We are now holding it once a week on a **Wednesday**

Afternoon tea provided

Pick up: **4pm**

Drop off: **6-6:30pm**

where: **90 Julia Street**



CONTACT



IF YOU HAVE ANY ENQUIRIES
PLEASE CALL YOUTH WORKER
MILLY LOVETT ON 5521 7535



December last year, we held our annual Community Christmas Party at the indoor cricket centre. We were joined by community despite the weather, to celebrate the festive season and the end of another year.

The kids were given the opportunity to nonstop play on the inflatables and have a picture with Santa Claus. Our party was fully catered for by our wonderful catering staff Cindy and Leslie.

We hope the community enjoyed this time as a start for their Christmas celebrations. We thank everyone who helped put this event together.



Social Group



Social Group Schedule for January/February

Social group will run every Thursday from 11:30am — 1:30pm, for those needing/wanting transport pick up will be 11am — 11:30am. If the activity is out of town all attendee's will be notified no later than Tuesday afternoon of the pickup time.

Any client who is either on PYP, CHSP or on a package is welcome to attend. Those wishing to attend will need to inform Jess from Community Services by at least Tuesday lunchtime 12pm for catering purposes. If you need transport you will need to let us know where you need to be picked up from.

If you would like to attend any of these activities please contact Community Service Worker Jess on: 03 5521 1288

January 3rd — No Social Group

January 10th — No Social Group

January 17th — Crafts — 90 Julia Street

January 24th — Crafts — 90 Julia Street

January 31st — No Social Group

February 7th — No Social Group

February 14th — Clay crafts — 90 Julia Street

February 21st — Clay crafts — 90 Julia Street

February 28th — Shopping — Mount Gambier



South West Community Surf Day

The Victorian Indigenous Surfing Program held two surf days on the 15th and 16th of January. The first day the children were taught how to surf and beach safety, such as to what to do if they were caught in a rip and the international help sign if you get in trouble in the water.

The weather was really hot on the first day so everyone really enjoyed being in the water. They spent their time practising how to surf with the help of the supervisors. There were plenty of tumbles off the boards and plenty of smiles to follow.

