



Aboriginal
Health & Medical
Research Council
of NSW

Message stick

Message from Public Health



Hi, my name is Nina. I'm a Public Health Officer and also one of the Metro Regional Coordinators. I look after a number of AH&MRC projects including the Your Health Your Future health promotion campaign and sexual health.

I grew up in Eastwood, Sydney where my parents and our family dog Pippin still live today. My mum is Australian and my dad is Canadian/Trinidadian (or Ausnadian as he calls himself), and they met while living in Japan.

This is my first job working in Aboriginal health. It was my experience working at the Ministry of Health in Fiji for 2 years that made me realize that we had some extreme health disparities in our own country and inspired me to work in the sector.

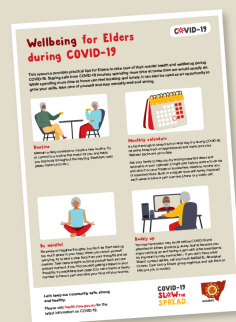
I love going out to ACCHSs, meeting the community and learning about Aboriginal culture. Attending the Oceania Tobacco Control Conference was a definite highlight too – there were so many inspiring researchers, clinicians and public health experts, and I was especially interested in what low-middle income countries are doing to promote tobacco control.

AH&MRC Updates

Self-isolation fact sheet



Wellbeing for Elders during COVID-19 toolkit



[AMS COVID-19 Resources](#)

The AH&MRC has been working hard to create resources including posters, fact sheets, videos, checklists and more for our Member Services to educate and inform community members during COVID-19. To download, visit the related content section of our [COVID-19 page](#). The AH&MRC has also created a [Pandemic Toolkit](#) to assist healthcare professionals, community leaders, and decision-makers to enhance preparedness and lessen the impact of a severe pandemic in their community.

[SEWB and AOD Resources](#)

In light of COVID-19, AH&MRC has created resources for SEWB workers to educate community members on self-care including a Parents Working From Home Toolkit and an Elders Toolkit. AH&MRC has also created a variety of resources for AOD workers including Harm Minimisation and COVID-19 and Recovery and Isolation Factsheets created in partnership with the ADAN, as well as a Detox, Rehab and COVID-19 Factsheet created in partnership with ADARN. Download from our [website](#).



[Flu Vaccination Campaign](#)

AH&MRC would like to call out the great work of our Member Services in promoting the Flu Vaccination Campaign this year. Our Members have gone above and beyond to administer vaccinations to Community members early on this flu season, while also providing essential services during COVID-19. Getting the flu shot is more important than ever to protect Community members, especially pregnant women, Elders and people living with chronic health issues. For more information on how to prepare your Service for Flu Season download the [Influenza Preparedness Toolkit](#) or visit our [website](#) for more information.



[World No Tobacco Day](#)

For World No Tobacco Day (May 31), AH&MRC is teaming up with the Aboriginal Quitline NSW/ACT and the Cancer Institute NSW to encourage Community members to take a #blakpledge in support of smoking cessation. To get involved simply write your pledge on your hand about how you plan to tackle smoking, film a short 1 min video or take a photo of your pledge and then post it on your social media. If you would prefer not to use your own social media email your pledge to Jalley@ahmrc.org.au who will post on AH&MRC social channels instead. Get in touch and share your #blakpledge before May 31. For more information visit our [website](#).



BHP Vital Resources Fund

AH&MRC is pleased to announce that we have received \$920,000 through BHP's Vital Resources Fund, as part of new partnerships established to support Aboriginal and Torres Strait Islander communities through the COVID-19 pandemic.

Each of AH&MRC's Member Services will receive \$20,000 to provide support and high-quality, comprehensive primary healthcare services for Communities during COVID-19. For Members who are yet to apply for the grant, please send AH&MRC an invoice for \$22,000 inclusive of GST to Natasha Huxstep at accounts@ahmrc.org.au.



Cultural Group Introduction

The Cultural group is an internal collective of Aboriginal staff members, it allows us to represent our respective communities and ensure that Aboriginal voices are considered throughout the work that the AH&MRC produces. We are here to help guide other teams to create and distribute culturally appropriate content and support one another. So far we have made progress in leaps and bounds, and have provided advice on a multitude of content. We have found that the work that we are doing has added that extra layer to the already good work that the AH&MRC does. This is definitely an area that we will continue to grow, there's so much more to come, we're very excited! - The AH&MRC Cultural Group



Barang Empower Youth Summit

On the 14th and 15th of March 2020, Barang Regional Alliance hosted the 2nd Annual Empower Youth Summit. The purpose of the second annual summit was to resume conversations with Aboriginal and Torres Strait Islander young people on Darkinjung Country, to ensure their voices continue to be heard and that their messages are captured in an ongoing manner. AH&MRC is proud that we helped this amazing event to take place by contributing as a Platinum Sponsor. Awesome work to everyone involved for putting this great initiative together, and for all those that participated. [Find out more.](#)



AH&MRC Governance Support Program

The AH&MRC is committed to delivering Board Governance support to our Members during COVID-19.

For more information on changes to governance during this time please contact Angela Draper on ADraper@ahmrc.org.au or visit the below websites for resources and support:

- ORIC Resources and Support
- ACNC Support and Assistance



National Sorry Day and Reconciliation Week

This year AH&MRC observed National Sorry Day online for the first time. Aboriginal staff members shared their stories and touching first and second-hand accounts of the Stolen Generations and all staff Members, Indigenous and non-Indigenous, came together to acknowledge the past and promote healing.

Following on from National Sorry Day is National Reconciliation Week (NRW), beginning on May 27. AH&MRC encourage everyone to [get involved](#), learn about our shared histories and culture and explore how we can all contribute to achieving reconciliation in Australia.



Ear Health EOI Winner

AH&MRC is pleased to announce the winner of our Ear Health Artwork Competition - Madison Connors, for her artwork submission titled Winanga – To Hear. The Artwork will be used for promotional material, resources and uniforms for the AH&MRC Ear and Hearing Coordination Program, created in partnership with the Rural Doctors Network.

Thank you to everyone who sent in their submissions for the Ear Health Program Artwork. AH&MRC appreciate all the hard work and creativity that went into all of your artworks.

Member Service Updates



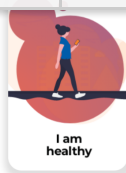
SCMSAC Helps Local Communities to Quit Smoking

The Tackling Indigenous Smoking (TIS) Team at the South Coast Medical Service Aboriginal Corporation (SCMSAC) works to promote the harms and risks of smoking in 13 Aboriginal Communities from Gerroa on the South Coast to the Victorian boarder. Darryll Farrell supports the dedicated team and oversees the comprehensive program that helps people to quit smoking and find good health. The comprehensive program offers, face to face counselling, support groups, follow up contacts, CO readings, school education sessions, brief interventions, walking and exercise groups, and free Nicotine Replacement Therapy (NRT). [Read more.](#)

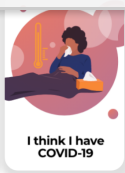


WAMS changing the way we do business

Staff at Walgett Aboriginal Medical Service (WAMS) are on the frontline, helping to protect the local Walgett community from COVID-19 since late January. They have been working very closely with other local agencies in the town to prevent the spread of the virus. Mrs Christine Corby, CEO of WAMS, said "My staff have done a wonderful job under extremely difficult circumstances to ensure the community have access to quality health care. We have had to make a few adjustments to our daily operations. Staff have been allocated tasks that are not part of their general routine". [Read more.](#)



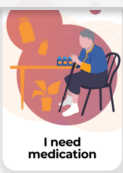
I am healthy



I think I have COVID-19



I have COVID-19



I need medication

THE ROLE OF PRIMARY HEALTH CARE WORKERS IN EYE CARE

[Eye Care Webinar](#)

The Western NSW Eye Health Partnership, the Brien Holden Foundation and NSW RDN are providing a webinar on the "The Role of Primary Healthcare Workers in Eye Care" to our Western NSW Eye Health Partnership partners. [Register now.](#)

[The ADHA Digital Health Guide](#)

The Australian Digital Health Agency (ADHA) has launched a Digital Health Guide to help Australians find the latest health information and advice about navigating the healthcare system during a time when information overload is widespread. [Find out more.](#)

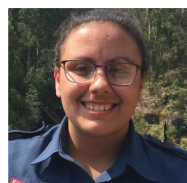
Sector News

[Building on strengths to support Aboriginal young people's sexual health](#)



The 'What We Do Well' project is identifying the positive actions Aboriginal young people take to reduce their sexual risk and build sexual wellbeing. [Read more.](#)

[Indigenous paramedic's COVID-19 message for mob](#)



As restrictions begin to lift around the country, a proud Yorta Yorta woman and Ambulance Victoria paramedic has issued a warning for mob to continue to stay home as much as possible. [Read more.](#)



Got a story or information about your service you'd like to share on Message Stick? We'd love to hear from you!

Send your stories to:
LButler@ahmrc.org.au



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