



Aboriginal
Health & Medical
Research Council
of NSW

Message stick

Message from the Public Health Team



Hi, my name is Zoe Mead. Members of my family are Indigenous Australian people; I am a non-Indigenous Australian. I grew up in regional Far North Queensland and now reside on the Northern Beaches.

I joined AH&MRC in 2019 as a Public Health Project Officer and currently work across the Your Health Your Future project.

Having earned a Bachelor of Health Science, I am a qualified Nutritionist and have previously worked across a number of health promotion programs for NSW Health including the Aboriginal Go4Fun program, Munch & Move, and the Live Life Well @ School

NSW Healthy School Canteen Strategy.

I am passionate about preventative health, particularly with a holistic view, and am very pleased to be working with such a dynamic organisation that works to strengthen relationships with so many Aboriginal Community Controlled Health Services across NSW.

AH&MRC Updates



South Coast Fire Relief Effort: Message from AH&MRC

Happy New Years everyone. We hope that you and your families have not been affected by the bush fires and are safe. On the 7th of January AH&MRC staff assisted Illawarra AMS, Katungul, Waminda South Coast and the NSW Rural Doctors Network in the packing and distribution of much-needed supplies to the South Coast community members affected by the bushfires. Thank you to everyone who assisted.

If you or your family have been affected by the fires and there is anything AH&MRC can do to help please let us know by using our [contact form](#) or calling (02) 9212 4777.



It was a sweltering day at Yabun, but none the less AH&MRC and AMS Redfern staff persisted in manning the AH&MRC stall and handing out resources to festival-goers. The stall was packed with merchandise when the festival commenced at 10 am but throughout the day stock dwindled and by 3 pm pack down every hat, skipping rope, frisbee, bouncy ball, foam dart, wrist band and AMS Redfern goody bag had been given away.

[Read more](#)

[Your Health Your Future at Battle of the Countries](#)

The Battle of the Countries made its inaugural debut in 2019 and the 2nd annual Battle of the Countries was held this year at Croom Regional Sporting Complex, NSW. The Illawarra Titans Rugby League Football Club was proud to host the 2nd Battle of the Countries event in 2020. Similarly to last year, the event was run over 2 days on the 18th and 19th of January 2020. The event was a huge success, drawing in a large number of community members.

[Read more](#)

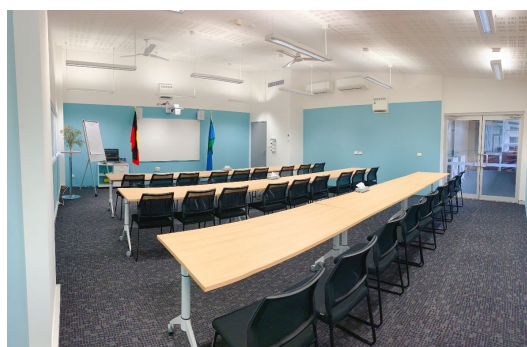


[Partnership between GSK, AH&MRC and NSW Health to distribute Ventolin to bushfire smoke affected Aboriginal communities](#)

Glaxo Smith Kline (GSK) has generously partnered with AH&MRC and NSW Health, through the Centre for Aboriginal Health (CAH). They have donated 1,500 units of Ventolin (salbutamol) inhalers, as valued at over \$7,500.

The AH&MRC will distribute these salbutamol inhalers to Member Services currently experiencing poor air quality due to bushfire smoke. These will be provided at no cost to patients experiencing respiratory symptoms, as clinically indicated.

[Read more](#)



[AH&MRC Venue Hire](#)

AH&MRC venue hire rooms have been refreshed and are available for hire. With ocean views and bush surrounds, AH&MRC is an ideal location for your next meeting – a retreat from the city but only a 15km distance away.

We have a variety of rooms to suit your meeting and event needs, from a 160 capacity auditorium to various breakout and meeting rooms that can be arranged to a style based on your needs – U shaped, board room, workshop and classroom. We also have onsite our expert Events Team who will be able to assist you in the planning and execution of your event to ensure that it is a success.

Feel free to contact our Events Team, Melissa Sutton msutton@ahmrc.org.au or Danni Li dli@ahmrc.org.au if you have any further inquiries.

[Find out more](#)

Ethics EOI

[HREC is seeking representatives](#)

The AH&MRC Human Research Ethics Committee (HREC) is seeking representatives to fill a number of positions. The role of the HREC is to consider research projects for ethical approval and ensure that the research project represents the views and interests of Aboriginal people across New South Wales.

Positions the HREC is seeking EOIs for include:

- Lay Member Representative
- ACCHS Representative
- Youth Representative
- Legal Expertise Representative
- External Reviewer Panel

[Find out more](#)

AH&MRC Governance Support Program

Governance Support Program



AH&MRC partnership with ATSI ICT Aboriginal Corporation

In collaboration with ATSI ICT, we have developed an on-going Governance Support Program that provides vital support services to both Board of Directors, CEOs and staff of our Member Services. The Governance Support Program includes:

- In-house governance & finance workshops
- Expert advice from industry consultants
- Assistance for CEOs & staff
- Support in Board governance
- Constitution/rule book reviews & writing
- Assistance in Board financial fundamentals
- On-going consultancy services for point of call contact for expert advice
- Mentoring services to facilitate service governance

For more information and to register your interest, please contact Angela Draper on:

adraper@ahmrc.org.au

Industry Updates and Resources



[Become a Trainee Signaller at Sydney Trains and help our customers](#)

Apply now to become a Trainee Signaller at Sydney's iconic ROC. The ROC helps Sydney Trains to meet the growing population's demands – with one million extra customers by 2024. Sydney Trains now manage 1,500 extra weekly train services, with the ROC's improved collaboration and technology providing better services for customers now and well into the future. This is an opportunity for people of Aboriginal or Torres Strait Islander backgrounds.

For more information please contact Belinda Ingram on 0466 325 881 or belinda.ingram@transport.nsw.gov.au

[Find out more](#)

[Call for Abstracts for the 2020 Health Care in Secure Settings Conference](#)

Abstract submissions are now open for the Health Care in Secure Settings conference at the ICC Sydney on 27 and 28 May 2020.

This third annual conference, hosted by Justice Health and Forensic Mental Health Network, will give you an opportunity to learn, share and engage with health professionals working in custodial, locked mental health, and judicial settings.

Abstracts are invited on a range of topics relating to the themes of health care in secure settings, and submissions close Monday 3 February 2020. Visit the conference website for more information about abstracts and to make your submission [here](#).

Click [here](#) to submit an abstract.

[Find out more](#)

THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

The University of WA invites health staff working in primary healthcare settings in the NT, SA, QLD, NSW and WA to complete a short, anonymous survey about the structure and functioning of their health service.

This project aims to make recommendations about the capacity of Australia's primary healthcare system to improve support for people living with ARF and RHD. This project is one of the four research objectives that make up the broader NHMRC-funded study: Burden of RHD and Impact of Prevention Strategies: Comprehensive Evidence to drive the RHD Endgame.

For more information please contact sara.noonan@uwa.edu.au

[Find out more](#)



Hepatitis NSW has set four dates across 2020 for their one-day hepatitis C workshop “Get Bloody Serious”.

These workshops are designed for people working in clinical and community sectors seeking an update around hepatitis C or to build confidence in engaging with an affected community.

Guest speakers at the January workshop will be:

- HNSW Ceen & Heard speaker – Jason presenting on living with hepatitis C, and experiences of the new DAA treatment
- Clinical Nurse Practitioner – Sinead Sheils, hepatology nurse practitioner at RPAH’s Liver Clinic
- Needle & Syringe Coordinator – Rod Smith is the NSP coordinator at one of NSW busiest community NSPs
- Sianne Hodge – Program Manager at Network of Alcohol and other Drugs Agencies
- Hepatitis NSW Educator – Ruth Bearpark from HNSW facilitating and presenting workshop

Places are limited and bookings are essential. The January workshop is filling up quickly.

Alternatively, contact Ruth Bearpark on 02 8217 7727 or rbearpark@hep.org.au for more information.

Find out more

Baby's Movements Brochure

If you still have any worries, ring or visit your midwife or doctor straight away. Don't wait till the next day.

Most of the time, your midwife or doctor will check baby's heartbeat and bub's tests will be normal. But sometimes, in a very small number of women, not feeling bubba move may be a sign that bub is unwell and needs to be checked.

You should yarn with your midwife or doctor at the hospital if:

- Bubba doesn't move at all one day. If this happens, ring or visit the clinic or hospital **that day or night**. Don't wait until the next day.
- Bubba kicks less and less over one day, or
- You feel bubba is not moving enough.

Who to Call: _____

Their number is: _____

We hope this has helped you get to know what bubba's movements mean.

You can find out more at:
www.stillbirthalliance.org.au/guideline4.htm

Acknowledgments

This brochure was originally compiled in 2010 by health researchers from the Australia and New Zealand Stillbirth Alliance (ANZSA) in consultation with ANZSA member organisations and the Queensland Centre for Mothers and Babies.

It has since been adapted by researchers at the Mater Research Institute, The School of Population Health - The University of Queensland and The Institute for Urban Indigenous Health, in consultation with an Indigenous Reference Group for Stillbirth Prevention in Brisbane, Australia.

Artwork on this brochure was created by midwife and new mother Tara Denaro. Tara is a Muninjahli woman whose family is from Beaudesert. The border artwork represents 'A mothers journey'. The artwork within the brochure acknowledges grandmothers, and the role they play as 'midwives' cradling the next generation. 'Our mothers, Aunties and grandmothers teach us how to birth and care for our children.'

ANZSA now functions as part of the Perinatal Society of Australia and New Zealand (PSANZ), as the PSANZ Stillbirth and Neonatal Death Alliance.

ANZSA Coordinating Centre, MRR-UQ, Brisbane QLD Australia.
 Email: info@stillbirthalliance.org.au.
 Web: www.stillbirthalliance.org.au/researchmater.org.au

Pregnancy
 Bubba's Movements
 And What They Mean



**Aboriginal
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We are looking for a **Marketing and Communications Manager** to join our team at our office in Little Bay. We are searching for someone who truly wants to make a difference in their community and is passionate about all things marketing and communications.

As the Marketing & Communications Manager you will **assist in the development, implementation and administration of marketing, communications and public relations activities undertaken by the AH&MC** to ensure alignment with the organisation's strategic objectives, vision, mission and values.

[Find out more](#)



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We are looking for a **Director of Studies** to join our team at our office in Little Bay. As the Director of Studies, reporting directly to the CEO, you will be **responsible for providing management and supervision of the AH&MR Registered Training Organisation (RTO)**.

This role is an **Indigenous Identified Position** and the AH&MRC considers that being Aboriginal or a Torres Strait Islander is a genuine occupational requirement for this position under section 14 of the Anti Discrimination Act 1977 (NSW).

[Find out more](#)



Aboriginal Health & Medical Research Council of NSW

We are looking for a **Program Coordinator** to join our team at our office in Little Bay. As the Program Coordinator you will report directly into the Executive team, as you **achieve multiple project objectives, balancing competing demands and priorities in a challenging but rewarding environment.**

This role is an **Indigenous Identified Position** and the AH&MRC considers that being Aboriginal or a Torres Strait Islander is a genuine occupational requirement for this position under section 14 of the Anti Discrimination Act 1977 (NSW).

[Find out more](#)

Dubbo AMS is seeking an enthusiastic and committed person to fill the position of **Counsellor**. This position is a **Clinical and Administrative position, responsible for the Case Management and Counselling of clients related to the Bringing them Home Project – Stolen Generations**, in Gilgandra, Dubbo and Narromine.

This is an **Aboriginal or Torres Strait Islander Identified Position** authorised by Section 14 of the Anti-Discrimination Act 1977, NSW.

[Find out more](#)



Dubbo AMS is seeking an enthusiastic and committed person to fill the position of **Case Manager**. This position is an **administrative position, responsible for the Case Management of clients related to the Bringing them Home Project – Stolen Generations** in Gilgandra, Dubbo and Narromine.

This is an **Aboriginal or Torres Strait Islander Identified Position** authorised by Section 14 of the Anti-Discrimination Act 1977, NSW.

[Find out more](#)

Dubbo AMS is seeking an enthusiastic and committed person to fill the position of **Social and Emotional Wellbeing Worker**. This position will support and **run activities which promote education, prevention and early intervention for young people, families and individuals with social and emotional wellbeing issues.**

This is an **Aboriginal or Torres Strait Islander Identified Position** authorised by Section 14 of the Anti-Discrimination Act 1977, NSW.

[Find out more](#)[AH&MRC Events](#)



[ADAN Symposium](#)

The Aboriginal Drug & Alcohol Network (ADAN) of NSW would like to invite you to its 14th ADAN Symposium in 2020. ADAN's focus has and will always be on building the capacity and strengthening networks between the Aboriginal Alcohol and Other Drugs (AOD) workforce. The 2020 theme will be “United Pathways”, acknowledging the importance of referral pathways and also developing relationships within the sector.

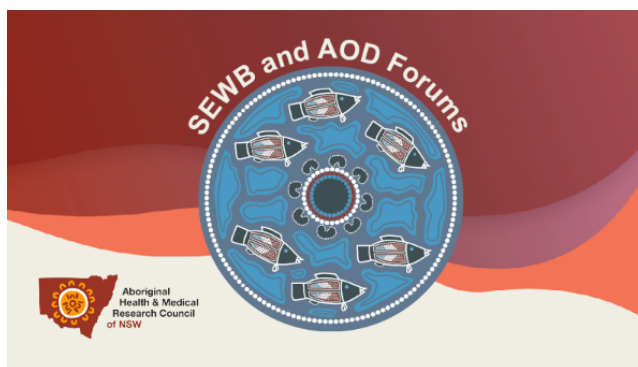
Date: 3rd – 5th March 2020

Venue: Break Free, Aanuka Beach Resort, 11 Firman Drive, Coffs Harbour NSW 2450

Registrations open: 20th September 2019

Registration link: <http://bit.ly/2klo4vV>

[Find out more](#)



SEWB & AOD Regional Forums

AH&MRC and the Aboriginal Drug & Alcohol Residential Rehabilitation Network (ADARRN) are co-hosting 4 regional SEWB & AOD Forums with a particular focus on referral pathways and partnerships.

Free pre-forum workshops will also be offered the day before each Forum. 3 workshop options will be provided:

1. Workforce Wellbeing
2. Trauma-Informed Practice
3. LGBTIQ2A

What's Included:

1. Free Registration
2. Catering
3. Pre-Forum Workforce Capacity Building Workshop
4. Travel and Accommodation for AH&MRC Members and Stolen Generation Organisations

[Canberra 17th and 18th of March 2020](#)

- [Dubbo 21st and 22nd of April 2020](#)
- [Sydney 19th and 20th of May 2020](#)



RACGP

Royal Australian College of General Practitioners

[RACGP Standards 5th Edition and Quality Improvement Workshop Training](#)

AH&MRC will be running a one-day face-to-face workshop in Sydney, Tamworth, Wagga Wagga and Dubbo. The Workshops will include facilitated group discussions where participants will be encouraged to share their own experiences. A series of practical activities will also be completed throughout the workshops, designed to promote a deep and inspired understanding of the Standards which can be applied to respective staff roles and responsibilities. Each workshop has a maximum capacity of 30 people so register ASAP.

Registration

Please select one of the following dates/locations to register:

- [Sydney | Wednesday 12th February 2020](#)
- [Tamworth | Thursday 27th February 2020](#)
- [Wagga Wagga | Tuesday 24th March 2020](#)
- [Dubbo | Wednesday 25th March 2020](#)

[Find out more](#)

Upcoming Training



THEBENCHMARKGROUP
excellence in education

The **Otitis Media Management Program** focuses on ear anatomy, physiology and otoscopy skills. It is designed to develop the knowledge and skills required for professionals to safely assess the aural health of individuals and implement best practice management guidelines.

Date: 4 February

Time: 8:45am – 4:30pm

Register: <http://bit.ly/3aO1uXO>



THEBENCHMARKGROUP
excellence in education

The **Course in Tympanometry** is designed to provide skills and knowledge for a range of health professionals and others working within Aboriginal and/or Torres Strait Islander health to undertake tympanometric screening and tympanometry.

Date: 5th of February

Time: 8:45am - 4:30pm (approx)

Register: <http://bit.ly/2tVsGTU>

[Sport can be an important part of Aboriginal culture for women but many barriers remain](#)

Regular exercise is important for Indigenous women's health, as it protects against obesity and chronic conditions such as heart disease and diabetes. These conditions are more prevalent among Aboriginal and Torres Strait Islander people than non-Indigenous people.

[Inclusivity and acceptance key to reducing mental health stigma](#)

Sadly, societal stigma and mental health misinterpretation continues across Indigenous communities despite the positive momentum being gained through health promotion awareness campaigns.



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:
IMarasigan@ahmrc.org.au or
LButler@ahmrc.org.au



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