



Aboriginal  
Health & Medical  
Research Council  
of NSW

# Message stick

## Message from Public Health Team

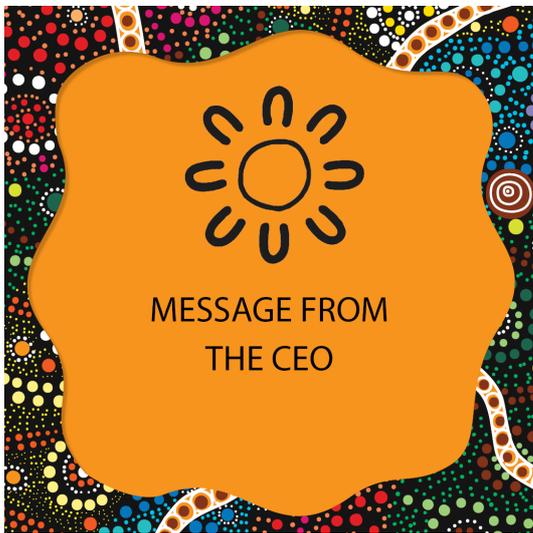


Hi, my name is Kezia. I am a Public Health Officer at AH&MRC. I work across a number of projects including the Your Health Your Future Campaign and am also a part of multiple committees addressing issues such as sexual health and health literacy.

I grew up and currently live in the Sutherland Shire with my father who is an Arrernte man (Northern Territory) and my mother who is from Brazil. Knowing there is such a gap in health between Indigenous and non-Indigenous people's is what drove me to work in the public health sector. I am very passionate about holistic Indigenous health and want to make a difference within Communities.

This is my first job in public health and it has been such a positive experience. I find working in this role very rewarding and I'm proud of the work we do to benefit Indigenous Communities. I am very pleased to be a part of the team at AH&MRC and look forward to what we will achieve in the future.

## AH&MRC Updates



"It has been over four months since COVID-19 was declared a pandemic, and we are beginning to adapt to a new way of life. In some ways we are beginning to see new capabilities emerge in areas including telehealth. While there have been advancements, this time has also been uniquely challenging. The effects of social isolation, unemployment and anxiety around the virus are being felt not only by our Communities but by our sector as well. Now, more than ever, we need to prioritise our mental health. Don't be shame to ask for help. Reach out to your mob or free confidential support services like beyond blue and lifeline to have a yarn about your mental health today." - **Robert Skeen, AH&MRC CEO**



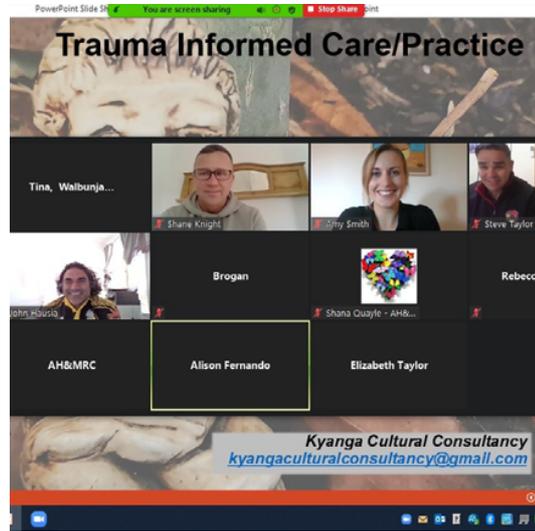
### [SMART Recovery Training Q&A - Natasha Hunt](#)

Natasha Hunt from Armajun Aboriginal Health Service recently completed SMART Recovery Training. As a result of the SMART Recovery Training, Natasha has gained new skills to assist clients in their recovery and healing journeys. For more information on the benefits of SMART Recovery Training read [Natasha's Q&A](#) or get in contact with [SQuayle@ahmrc.org.au](mailto:SQuayle@ahmrc.org.au) for information on how AH&MRC can assist you in completing the training.



### [National Agreement on Closing The Gap](#)

The National Agreement signals a turning point in the relationship between Aboriginal and Torres Strait Islander people and governments – one that is based on shared decision making on policies and programs that impact Aboriginal and Torres Strait Islander peoples' lives and futures. The AH&MRC came together with more than fifty other Aboriginal and Torres Strait Islander community controlled peak bodies ([Coalition of Peaks](#)) to represent our Member Services and Communities because governments had failed to make substantial progress on Closing the Gap. [Read more.](#)



### [Trauma-informed Practice Workshops](#)

In collaboration with Kyanga Cultural Consultancy (KCC) AH&MRC delivered 4 online workshops on Trauma-Informed Practice. The workshops were successful with a high turnout rate and an engaged audience across the board. KCC ensured that the content of the workshop was appropriate for an online format, as Trauma-Informed Practice can be a confronting and sensitive topic. [Read more.](#)



### [AMS COVID-19 Resources](#)

AH&MRC has created a number of resources for our Member Services to educate, inform and prepare Community in the event of a COVID-19 outbreak. The Latest resources include the [Do What's Best. Get a COVID-19 Test factsheet](#) and the [Getting Your Home COVID-19 Ready workbook](#). Download these resources and more from the related content section of the [COVID-19 page](#).



### [Online Training for Indigenous Hearing Loss](#)

The Online Training for Indigenous Hearing Loss aims to teach participants strategies for addressing ear disease including how to identify and communicate with patients who have hearing loss/auditory processing problems. Training dates will be between July - August. 30 positions available funded by the RDN and AHMRC's Ear Health Program. Spaces are limited so [register now](#).



### [Flu Vaccination Campaign Resources](#)

To promote the importance of immunity for community and all Aboriginal people getting a flu shot this year, AH&MRC has created a [series of videos](#) featuring Awabakal CEO Raylene Gordon. To download the videos and more resources including posters, web banners, email banners, factsheets, social media tiles and a social media frame head to the useful links section of our [flu vaccination page](#).

## Training and Opportunities



### **Governance Support Program**

The Governance Support Program is back! AH&MRC are booking workshops and expert services from mid-August. Service delivery will be dependent on COVID-19 and the unfolding situation. Workshops and expert assistance can be achieved through an online setting. Contact Beverley Moreton [bmoreton@ahmrc.org.au](mailto:bmoreton@ahmrc.org.au) for further information and bookings.



**Always Was,  
Always Will Be.**  
8-15 NOV 2020



### [NAIDOC 2020 Local Grants have re-opened!](#)

NAIDOC Local Grants offer an opportunity for community groups to organise activities that celebrate our Aboriginal and Torres Strait Islander histories, cultures, achievements. The NAIDOC Local Grants support all activities, big and small. For more information or to apply for a grant visit the [Grant Connect website](#). For further enquiries email [naidocgrants@niaa.gov.au](mailto:naidocgrants@niaa.gov.au). Applications close Monday 17th of August.

### [Vision Australia Spectacles Program](#)

Vision Australia is implementing eligibility changes for Aboriginal clients accessing the NSW Spectacles Program. For the next six months (July to December 2020), with the possibility of an extension, any Aboriginal client prescribed glasses through the optometry services that Brien Holden Foundation coordinates will be eligible for the NSW Spectacles Program, regardless of financial status. [Find out more.](#)

## Sector News

### [New National Agreement a 'historic turning point'](#)



A new [National Agreement on Closing the Gap](#), in which Aboriginal and Torres Strait Islander communities will have a much larger say on their own future, has given hope to Elders such as NACCHO Chief Executive Pat Turner. [Read more.](#)

### [Aboriginal community urged to keep up with regular medical appointments](#)



Keeping up with medical appointments is more important than ever, with Aboriginal health professionals urging community members to stay in touch with healthcare providers and get tested if they have COVID-19 symptoms. [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](mailto:LButler@ahmrc.org.au)



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