



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.

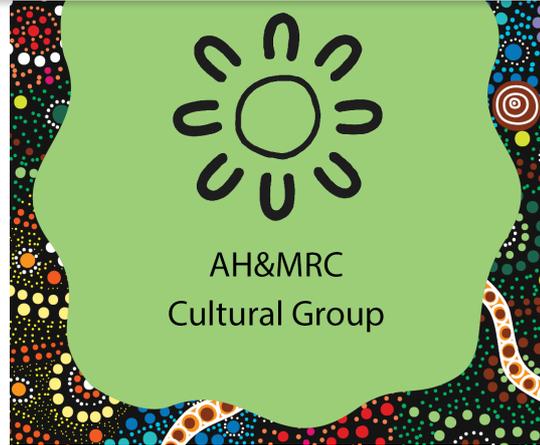
AH&MRC Updates



[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 Darinjung 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



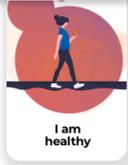
[SCMSAC Helps Local Communities to Quit Smoking](#)

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 educations sessions, brief interventions, walking and exercise groups, and free Nicotine Replacement Therapy (NRT). [Read more.](#)

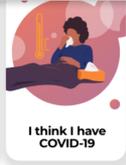


[WAMS changing the way we do business](#)

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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