



Aboriginal
Health & Medical
Research Council
of NSW

Message stick

Message from Wenton



Meet Wenton! Wenton was born in Macksville on the mid-North Coast of NSW. His family are from the Dungutti and Gumbaynggirr mobs. Wenton moved to Sydney when he was five years old.

In 1976 Wenton started work at Packforce (previously Centre Industries) and has been working here ever since. He's now 60 and still going strong! Staff at Packforce have nicknamed Wenton WB-40 based on his initials. Like a WD-40, Wenton keeps the place running smoothly. Wenton is a member of the Employee Management Committee and is always around to help employees and keep them enthusiastic about work.

Wenton is very keen to get into radio again like he was in the 90's. He has a great speaking voice but he said it's safer if he doesn't sing. To learn more about Packforce and how they help people with Cerebral Palsy visit: <http://bit.ly/2JAdEYP>

AH&MRC New Website Launch



The AH&MRC would like to acknowledge the Bidjigal and Gadigal Clans who traditionally occupied the Sydney Coast, and pay respect to Elders past and present.

The new AH&MRC Website has officially launched! The AH&MRC website has been created to promote success stories from the sector, job openings and local events, professional learning opportunities, accredited courses, research development and more.

[Find out more](#)

[Closing The Gap on Indigenous Health Conference](#)



The Closing the Gap on Indigenous Health Conference was held on the 30th and 31st of July in Brisbane. Delegates in Aboriginal health from across the country gathered to discuss the Closing the Gap Report and its failures to address health inequity between Indigenous and non-Indigenous Australians.

The format of the conference was collaborative with panels and yarning circles aimed at addressing the shortcomings of the Closing the Gap campaign and spring-boarding solutions. AH&MRC staff members, Lucy, Nina and Sophie, attended the conference and several AH&MRC's Members were speakers over the two-day conference. Our Members' contributions to discussions over the two days were invaluable and highlighted the great work NSW Aboriginal Community Controlled Health Services (ACCHSs) are doing in closing the gap.

[Read More](#)

PHN and ACCHS Roundtable Wrap-up



On Monday the 5th of August the AH&MRC hosted the Public Health Network (PHN) and Aboriginal Community Controlled Health Service (ACCHS) Roundtable. A total of 27 ACCHS and 16 PHN representatives were present on the day.

The Roundtable aimed to bring together PHN's and ACCHSs for a day of collaborative discussions. It provided an opportunity for ACCHSs to voice their concerns with the current PHN funding model and discuss what could be done better.

A group of 10 delegates, made up of 3 ACCHS CEO's, 3 PHN CEO's, the Chair of the Aboriginal Health Network, 1 representative of AH&MRC and 1 representative from the Ministry of Health, was formed to ensure that concerns voiced on the day are addressed in future. The Roundtable report will be distributed to all members by the end of the month.

Thank you to everyone that came along and had a yarn on the day. We have a long journey ahead, but it was a great starting point.

AH&MRC Governance Support Program



AH&MRC is excited to announce our partnership with ATSI ICT Aboriginal

Partnership with ATSI ICT Aboriginal Corporation.

In collaboration 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



Hitnet & AH&MRC Partnership



Hitnet is proud to be working with the AH&MRC on a pilot program that will make sharing information easier. The Hitnet digital hubs have now been installed at the AMS's in Bourke, Armidale, Orange Coomealla and Tamworth.

Each hub has a dedicated AH&MRC channel and a unique My Place channel for local and community information. Through a touchscreen, they display a large selection of health and wellness interactive video stories developed by Aboriginal health and media organisations throughout the country. They also have a Wi-Fi hotspot, free for users, linking people to locally relevant websites and apps. If you're in the vicinity of our pilot sites, please drop in and try the hub out.

If you'd like any information about the pilot program, please contact Sophie Scobie sscobie@ahmrc.org.au.

For information about Hitnet please contact Julie Gibson at julie@hitnet.com.au or visit the [website](#) and click on [community hub](#) to access an online version of the hub. It is a pilot, so all comments, ideas, feedback are welcome!

[Find out more](#)

Flu Update



10 tips to fight the flu

healthdirect
healthdirect.gov.au



Get the flu shot

It is important to get the influenza vaccination each year to continue to be protected, since it wears off after 3 to 4 months. Flu strains also change over time.



Keep surfaces clean

Clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs.



Wash your hands

Good hygiene is one of the best ways to help prevent a cold or flu from spreading. Wash your hands regularly with soap and water.



Self-care at home

In most cases you can treat mild cold or flu symptoms at home.



Cover coughs and sneezes

Cover your mouth and nose when coughing or sneezing. Preferably with your elbow rather than your hand.



Don't rely on antibiotics

Antibiotics won't cure a cold or flu as these illnesses are caused by viruses. Antibiotics only work for bacterial infections. Check if your cold and flu medication will help relieve symptoms on healthdirect's medicine directory.



Bin your tissues

Throw disposable tissues in the bin immediately after using them.



Know the symptoms of a cold versus flu

A cold is not life-threatening and although uncomfortable does not require visit to a GP. A flu can escalate and may require medical attention.



Avoid sharing

Try not to share cups, plates, cutlery and towels with other people, as this could spread germs.



Check your symptoms first

Use the healthdirect Symptom Checker via the app or website, or call 1800 022 222, to determine if your symptoms require a visit to the emergency department, a visit to your GP or can be managed at home.

Here are some simple things that you can do to help look after yourself, your family and your colleagues this flu season:

- Get vaccinated - Vaccination is the most effective way to stop the spread of the flu. You cannot get the flu from the vaccine as it is not a live virus. If you haven't already had the flu vaccination some Medical Services should still have a supply.
- Wipe your keyboard and phone down regularly. The influenza virus can stay alive on a hard service for up to 2 days!
- Wash your hands with soap and water or use hand sanitiser regularly. The influenza virus can stay active and alive on your hands for 5 minutes.
- If you feel unwell stay home and rest in order to stop the spread of influenza to others at work and on your commute. Staying home and resting will also help you to recover faster.
- Cough or sneeze into your elbow or a tissue. When you sneeze into your hands you can easily spread the virus to the next person or surface you touch.

Find out more



Wollongong Youth Services is offering a range of opportunities for young people 12-24.

Wollongong Youth Services will be running [It's a Rap](#) a five-week program where young people get to write, record and mix their own rap song. This will run on Wednesday's from 3-5pm @ Bellambi Neighbourhood Centre.

[Choose. Cook. Eat](#) is on Monday's from 3-5pm @ Bellambi Neighbourhood Centre. Choose. Cook. Eat gives young people the opportunity to choose what they want to cook, learn cooking skills, sit down with new friends and enjoy a meal.

Wollongong Youth Services will be running free [Support, Referral and Information Workshops](#) for youth 12-24 every 1st and 3rd Wednesday 9am-2pm during the school term at Bellambi Neighbourhood Centre.

Find out more

STAY CONNECTED: IT'S YOUR LIFE



CYBERBULLYING CAN ALSO LEAD TO TRAUMA

Cyberbullying can lead to a whole range of issues, including low self-esteem, anxiety, depression and insomnia, a loss of trust, trouble concentrating at school and even drug and alcohol abuse.

Cyberbullying can also lead to self harm and even suicide.

Cyberbullying isn't our way – and it's not ok.

Need more information?

- Macquarie University Indigenous Studies: www.goto.mq.edu.au/ib
- www.facebook.com/lookoutforournab
- Qlife: qlife.org.au
- ReachOut Australia: <https://au.reachout.com/>



cyberbullying (verb)

using the internet and phones to bully and hurt other people, including our own mob, often by sending messages and images that shame, intimidate, hurt and threaten.



AGENCY FOR
**CLINICAL
INNOVATION**

This newly formed **Aboriginal Chronic Conditions Network (ACCN)** will work to improve the experience and delivery of healthcare for Aboriginal people with chronic conditions in NSW.

To achieve this, the **ACCN will support the process of evidence-based reform by promoting and implementing new initiatives, frameworks and models of care.** It will do this by enhancing and supporting the integration of care for Aboriginal communities accessing chronic care services in NSW in accordance with ACI values.

[Find out more](#)



Australian Government
Department of Health

The Mission for Cardiovascular Health will support new and emerging research to improve health outcomes through prevention strategies and earlier detection for patients suffering a heart attack or stroke.

A clear and well-focused Roadmap will ultimately increase the success of the Mission and the ability to attract co-investment from other funding sources.

The Mission for Cardiovascular Health draft Roadmap has been released for public consultation. Click 'Find Out More' to view the Roadmap draft and the link to the consultation survey.

[Find out more](#)



TSANZ

The Transplantation Society of Australia and New Zealand

[TSANZ Expression of Interest \(EOI\)](#)

The **Transplantation Society of Australia and New Zealand (TSANZ)** is currently seeking nominations for the National Indigenous Kidney Transplantation Taskforce Expert Advisory Committee, which will also function as the TSANZ's Indigenous Working Group. Further information on the Taskforce and the Expert Advisory Committee's roles and responsibilities can be found by clicking on the 'Find out more' button below. **We encourage relevant stakeholders to nominate for the Committee by completing the application form on page 3 of the EOI.**

The TSANZ is also pleased to advise that the National Indigenous Kidney Transplantation Taskforce will host an inaugural National Indigenous Dialysis and Transplantation Conference in Alice Springs from 20-22 October 2019.

Find out more

Grant Opportunity



The **Australian Government** is inviting applications through a targeted competitive process to apply to deliver services under the International Education Support Outcome – Destination Australia Program from 2019-20 to 2022-23.

The objective of the grant opportunity is **to attract and support international and domestic students to study in regional Australia, to grow and develop regional Australian tertiary education providers and offer students a high-quality learning experience.**

Find out more

Employment Opportunities



[Illawarra Aboriginal Medical Service \(IAMS\) Practice Manager](#)

The Illawarra Aboriginal Medical Service is looking for a **Practice Manager** to join our team and to uphold our Organisations Vision.

The successful applicant will be a **confident and experienced Manager with an inclusive Management style**. They will be able to utilise their exceptional organisational skills and take responsibility for the key performance areas that make the Health Services Team successful.

Find out more



[Bulgarr Ngaru Medical Aboriginal Corporation - GP Vacancies](#)

Bulgarr Ngaru Medical Aboriginal Corporation (BNMAC) is recruiting General Practitioners for our three locations in Grafton, Casino and Tweed Heads South, NSW. Full time and part time options available with no on-call requirements.

The General Practitioner is **required to provide culturally appropriate comprehensive primary health care services to clients of BNMAC.**

[Find out more](#)



[South Coast Medical Service is Hiring!](#)

South Coast Medical Service (SCMSAC) provides health and health-related services relevant to the wellbeing and to the benefit of Aboriginal and Torres Strait Islander communities throughout the Shoalhaven. **SCMSAC is currently hiring for a number of positions:**

- [Health and Wellbeing Project Officer - Nowra \(Closes 2nd of September\)](#)
- [Strong Foundations Program Project Officer x2 Nowra \(Closes 26th of August\)](#)
- [Aboriginal Child Mentor - Nowra \(Closes 2nd September\)](#)
- [Justice Support Caseworker - Batemans Bay \(Closes 26th of August\)](#)
- [Justice Support Worker - Nowra \(Closes 26th of August\)](#)

[Find out more](#)



[The Sol Bellear Memorial Aboriginal Graduate Health Management Trainee](#)

Applications are sought for the **Sol Bellear Memorial Aboriginal Graduate Health Management Trainee**. A career in the public health system is more than just a job. Our Graduates put job satisfaction at the top of their list and welcome the challenges of working within the NSW Health System. The position

will be based at Sydney Local Health District.

The aim of the position is to **develop future health service managers/leaders that are well prepared for a rewarding and challenging career in health management in the Sydney Local Health District and the wider NSW Health System.**

[Find out more](#)



AH&MRC has an opportunity available for a **Public Health Project Officer**. While this position will initially be located in Surry Hills, AH&MRC will be re-locating to Little Bay in late September.

As a Public Health Officer, you will work as part of a multidisciplinary team to **design and deliver projects to support and strengthen member services and promote and protect the health and wellbeing of Aboriginal people in NSW.**

[Find out more](#)



[Finance and Administration Officer](#)

The AH&MRC Registered Training Organisation (RTO) is currently seeking a motivated and organised **Finance and Administration Officer** to join our organisation. The successful candidate will ensure the smooth operation of daily Finance and administrative tasks. This position will be based at our AH&MRC RTO in Little Bay.

As the Finance and Administration Officer, you will be **responsible for providing administrative, financial and reporting support to AH&MRC.**

[Find out more](#)



[Data and Systems Officer](#)

AH&MRC has an opportunity available for a **Data and Systems Officer**. While this position will initially be located in Surry Hills, AH&MRC will be re-locating to Little Bay in late September.

As the Data and Systems Officer, you will **provide technical advice, training and support to staff, stakeholders and external customers with regards to External Relations systems.**

[Find out more](#)

Applications and Scholarships



[AH&MRC Ethics Application](#)

The AH&MRC Human Research Ethics Committee (HREC) is changing the way that it does business. The AH&MRC HREC is currently implementing a new software program to streamline administrative processes, reduce the opportunity for human error and enable all stakeholders to monitor the review of their project.

Researchers submitting applications to the AH&MRC HREC will now be able to access the status of their application at all times. The applicants will be able to adjust, add and delete documents and use the chat function to speak with the AH&MRC HREC staff about general enquiries.

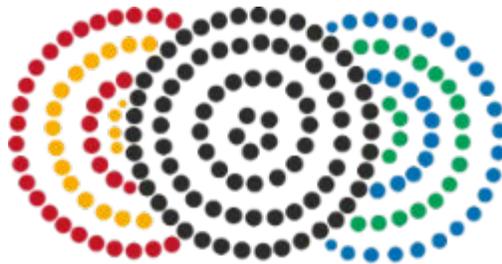
The introduction of this new system will assist researchers in understanding the requirements of the Ethics Committee with required fields linked to relevant guiding documents.

The introduction of a software platform to manage the ethics process and remove unnecessary administrative burdens from researchers, reviewers, member services and staff is well overdue.

The AH&MRC HREC is excited to take all stakeholders on this journey with us to improve the quality of submission and review of Aboriginal Health Research project across New South Wales. Watch this space for updates.

To learn more about what the HREC do click the 'Read more' button below.

[Read more](#)



CATSINaM

[The CATSINaM National Professional Development Conference scholarships available](#)

The Aboriginal Health and Medical Research Council of NSW (AH&MRC) together with CATSINaM are pleased to announce the 10 scholarships to attend the CATSINaM National Professional Development Conference.

The CATSINaM National Professional Development Conference will be held from the 24th to the 26th of September 2019, themed Connecting Culture Through Care, is an Indigenous-led space built on Aboriginal and Torres Strait Islander knowledge and values.

The intention of the conference is to:

- To share Indigenous knowledge, information and work toward an integrated approach to improving health care and outcomes for Aboriginal and Torres Strait Islander Australians;
- To provide a cultural hub for our members while highlighting the very real difference being made in Aboriginal and Torres Strait Islander health, systems and communities by our members; and
- To foster learning, inspiration, wonder and fire-in-the-belly passion in a culturally safe space.

The AH&MRC is sponsoring 10 nurses and midwives to attend the Conference, including registration and accommodation.

[Find out more](#)

Upcoming Events



THE BENCHMARK GROUP
excellence in education

[Hearing Health Training:](#)

AH&MRC is seeking EOIs from its member services for their staff to attend 2 hearing health training courses: the Otitis Media Management Program and Course in Tympanometry (the former is a pre-requisite for the latter).

The courses will be held on various dates and locations across NSW. Click here to register / find out more: <http://bit.ly/2LRF1sh>

[Promoting Participation in the National Cervical Screening Program](#)

Promoting Participation in the National Cervical Screening Program to Aboriginal and/or Torres Strait Islander Women program aims to educate healthcare providers on the changes to the National Cervical Screening Program and to promote the benefits of regular cervical screening to Aboriginal and/or Torres Strait Islander women. Please find below the upcoming NSW course schedule below:

[Monday 16 September: 9am – 1pm](#) Wentworth Grande Resort 61-79 Darling Street WENTWORTH, NSW 2648

[Wednesday 18 September: 9am - 1pm](#) Novotel Parramatta 350 Church Street Parramatta, NSW 2150

[Monday 18 November: 9am - 1pm](#) Blue Mountains Cultural Centre 30 Parke Street Katoomba, NSW 2780

[Tuesday 19 November: 9am – 1pm](#) Mercure Sydney Liverpool 424 – 458 Hoxton Park Road Prestons, NSW 2170



[8th Indigenous Women's Leadership Summit](#)

Indigenous women from across the country will gather to reflect on cultural heritage and help you refine leadership strengths, helping pave the way for the next generation of Indigenous women leaders.

Explore inspiring stories of successful leadership, career journeys and personal triumphs, as we delve deeper into how we can combine our cultural roles with the responsibilities of the business world.

Click here to register / find out more: <http://bit.ly/2G1AtlW>



[The Oceania Tobacco Control Conference \(OTCC\), to be held on the 22-24 October 2019 in Sydney, Australia.](#)

Held biennially, OTCC provides a unique opportunity for a 'meeting of minds', bringing together tobacco control researchers, advocates, policy makers and program administrators from Australia, New Zealand and Pacific Island nations. This year's theme is 'Making Tobacco Control a Priority'.

Click here to register / find out more: <https://bit.ly/2XU8080>

Sector News

[Yerin levels dental playing field with first Aboriginal clinic on Central Coast](#)

Yerin Eleanor Duncan Aboriginal Health Services has launched the first Aboriginal dental clinic on New South Wales' Central Coast. A special ceremony in Darkinjung country took place last Thursday, launching the new facility that will provide culturally appropriate dental treatment to First Nations people.

[A wet cough for four weeks means it's time to get it checked out](#)

Research, published today in the journal *Respirology*, shows how Aboriginal health providers, visiting clinicians, and Aboriginal families can work together to detect illness that may lead to bronchiectasis as symptoms first appear, using local language, stories, and resources.

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

