



**Ngatanwarri**

# Gunditjmara Aboriginal Cooperative

*Honouring The Old Empowering The New*

Newsletter 9—Date 16 June 2021

## Meet Our Social & Emotional Wellbeing (SEWB) Team

Amber, Cody, Coedie and Nathan

[sewb@gunditjmara.org.au](mailto:sewb@gunditjmara.org.au)

The program provides holistic support for Aboriginal and Torres Strait Islander people that are experiencing social, emotional, cultural, and mental health challenges. Our friendly workers are here to ensure you feel encouraged, empowered and supported. Our programs are designed for adults and youth (12-25years). We have both male and female workers to support both men and women.



Our program helps you identify your strengths, reduce your worries and begin to set goals that can achieve positive changes in your life. In essence our role is to support clients to attain cultural connection, self-empowerment, and healthier and happier lives through self-determination and:



- Connection to spirit, spirituality and ancestors
- Connection to land
- Connection to culture
- Connection to community
- Connection to family and kinship
- Connection to mind and emotions
- Connection to body.

SEWB can support you with;

- Advocacy
- Counselling
- Referrals to other Gunditjmara programs or external agencies
- Case management
- Practical support,

SEWB also

- Works with external agencies to strengthen their cultural safety for community.
- Provide flexible engagements strategies for clients we meet you where you feel comfortable.





## Clinic News



We'd like to welcome Sophie Outwaite & Tarni Jones to the Clinical Team working within KMS, Sophie is a midwife & registered nurse with loads of clinical experience and Tarni comes to us with great work experience up north, working within the AMCHI role..

Also Welcome to our psychologist's Sandy Gillham & Timshell Knoll-Miller. Both Timshell & Sandy have hit the ground running with good engagement from community.

You can find Timshell at the clinic on Mondays & Thursday's while Sandy is here Tuesday, Wednesday & Friday. A MHCP is not required to see psychologists but a referral from a GP is recommended.

Nequee Has successfully completed her Diploma of Nursing and has now started nursing duties at the clinic.

At the Clinic we have been administering the Astra Zeneca with great response, We also now have Pfizer available to our ATSI patient's under 50yo. Please be aware that we are only offering specific VACCINE CLINIC DAYS and you require a booking.

### Contact tracing check-in



Please remember to scan the QR code available at reception upon arrival and practice COVID social distancing while in the clinic along with wearing a mask at all times while in the clinic.



If you have any cold or flu like symptoms please stay get tested & stay home until you are resulted. We offer phone consults for those that require a consult.

## ELDERS AND HOME CARE

Congratulations to Jo Phillips who has been successful in filling the Social Support Coordinator role within the Independent Living Team, Jo has a range of great skills that will assist her in this new role, Jo will be working closely with Tory & the team.

Unfortunately due to the current restrictions we haven't been able to have our Group catch ups, Jo has been checking in with everyone and introducing herself over the phone instead this week.



## COVID RESTRICTIONS UPDATE

- No Stay At Home Requirements Apply
- Up to Five People (plus dependants) can gather inside the home
- 50 People can gather outside
- Masks required inside and outside when physical distancing can't be maintained
- Funerals can have 100 mourners and Weddings can have 50 guests

