



MDAS
MALLEE DISTRICT ABORIGINAL SERVICES

Koori NEWS

MAY 2020



COVID-19 HERE FOR OUR MOBS IN THE MALLEE

MDAS IS STILL HERE SUPPORTING COMMUNITY DURING CORONAVIRUS (COVID-19) – WE’RE JUST FINDING DIFFERENT WAYS TO WORK.

Because of social distancing rules, our clinics are open, but we are only doing face-to-face examinations when necessary.

Many of our health services and appointments are now being done on Telehealth (see page 2) or over the phone. So it means you can still see or talk to your doctor, but it’s just in a different way to what we’re all used to.

Our MDAS GPs and health staff are concerned that some people might be putting off getting reviews or treatment for chronic conditions, or health concerns because of COVID-19.

“We are still here, we are still working, and the most important

thing is that if you should see a doctor, you should definitely make an appointment with us,” said MDAS Mildura GP Dr Anand Patel.

“Our MDAS Health services, and the hospitals are very safe at this time, so if you need to see us face-to-face, this is safe to do,” he said.

MDAS Swan Hill GP Dr Atiquil Islam said talking to your doctor on phone or Telehealth was unusual at first.

“But after the first experience, most people actually like it, because they can have their appointment where they are safe and comfortable at home, without having to go out,” Dr Islam said.

“And of course, if you do need to see us face-to-face, you will need an appointment first.”

Contact MDAS Health
on 1800 183 593

Pictured: Dr Atiquil Islam - MDAS GP
Swan Hill/Kerang, Millka - MDAS Swan Hill
Chronic Care Nurse, Dr Anand Patel
- GP Mildura

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DEADLY THIS MONTH! TINA PHILP

HEALTH SERVICES ADMINISTRATION OFFICER-MEDICARE.

TINA HAS JUST COMPLETED HER DIPLOMA OF LEADERSHIP AND MANAGEMENT

Getting to know Tina: "Life is not easy for anyone. Sometimes you don't see the challenges on the outside, but every single one of us have them, both those on the outside and everything that goes on inside as well. Give it your all! Dare to be all you can be. You get back what you give in life and work."

On the training: It has helped so much. It helped me see the wider picture and different ways of approaching and dealing with the challenging aspects of my role and life in general.

Would you recommend it? If leadership or management is something you can see yourself doing then definitely go for it. The road is worth travelling and MDAS is great in supporting further development, grab the opportunity if it presents.

Will you do more training? I am always looking for ways to improve and develop, so who knows?!

Got plans for your career? Talk to MDAS HR!



SUPPORTING OUR COMMUNITIES IN TOUGH TIMES

WE UNDERSTAND THAT IT'S NOT EASY OR SAFE FOR SOME PEOPLE IN OUR COMMUNITY TO GET OUT AND ABOUT AT THE MINUTE, FOR FOOD AND ESSENTIAL SUPPLIES

So we've been coming to community, with emergency food hampers for people in need. Community in self-isolation, who have little or no food, and no network of family or friends to support them are eligible.

When we're in touch with community, we sometimes become aware of a person or family who might be struggling – and we add their name to our list for a drop-off. You can get in touch with us as well,

if you know someone who might need a hand.

Our partnerships with SecondBite and Foodbank have meant we have been able to deliver more than 200 boxes of fruit, vegetables, bread and non-perishable items to community members.

We've been able to support Elders, families and community members in Mildura, Swan Hill, Kerang and Balranald, thanks to these great partnerships and the dedication of our teams.

Thanks everyone!

Pictured: Kerang Elder Aunty Shirley McGee was pleased to see MDAS Transport Driver Hack Webster with his box of goodies

TELEHEALTH IS EASY!

DURING COVID-19, OUR DOCTORS, HEALTH SUPPORT WORKERS, MENTAL HEALTH AND ALLIED HEALTH PRACTITIONERS ARE DOING A LOT OF CHECK UPS AND CONSULTATIONS BY PHONE OR BY TELEHEALTH.

Telehealth means you can talk to your doctor as you would on a phone

call, but you can see each other on video.

It's different, but it works well. And it means you can have your appointment from wherever you are, as long as you have a phone and internet.

Please don't ignore your ongoing health care needs for chronic conditions, or if you have something you are worried about. If you need an appointment with any of our MDAS Health services call us, and we will work something out that works for you.

FINDING NEW WAYS TO REACH OUT

WE'RE WORKING ON EXCITING NEW WAYS TO TALK WITH COMMUNITY DURING THE SECOND HALF OF 2019 – WE'LL BE ENGAGING WITH COMMUNITY IN NEW WAYS, TO ENSURE OUR SERVICES REFLECT THE PRIORITIES OF OUR MOBS ACROSS THE MALLEE. IT'S AN EXCITING PROCESS WE'LL BE STARTING IN COMING WEEKS.

But COVID-19 has already brought about some exciting changes to how we get information to community. We'll still keep sending out our newsletters and we've been busy on Facebook for a couple of years – but MDAS now has an Instagram page and also a YouTube channel to reach more of our community.

MDAS staff have taken to video like old hands – our Early Years, Health and Wellbeing teams are all appearing on-screen to pass on information and explain different services and processes.

Our Early Years teams are running Facebook Live playgroups (Wednesdays at 11 am); and our group facilitators Elvie and Marissa are doing regular story readings and activity videos for our kids. Our Health and Koori Maternity Services Teams have stepped in front of the camera to explain new processes, and how to access them. And Darlene Thomas, from our Social and Emotional Wellbeing team, is doing Facebook Live each Tuesday at 1pm for anyone needing some support or to chat about coping strategies for lockdown. Uncle Ian Kirby from our Community Engagement team is even doing didge lessons!

Check them out! We're proud of how our teams have stepped up and put themselves out there to be here for our mobs.

MDAS on social media:

Website check out our COVID-19 page under Health www.mdas.org.au

Facebook
[@MalleeDistrictAboriginalServices](https://www.facebook.com/MalleeDistrictAboriginalServices)

Instagram
mdas_mallee

YouTube:
Mallee District Aboriginal Services

Pictured: Clockwise from centre left: Marissa Bennett and Elvie Kelly-Britten from our Early Years teams; Midwife Sally Barker with client and Koori Maternity Service Aboriginal Health Practitioner (andKMS client) Tarina Sailor and obstetrician Dr Erin; Paul Roberts, MDAS Health; Paul Roberts, Nathan Yates and Alex McWilliams MDAS Health; Uncle Ian Kirby.



Around MDAS

MILDURA FAMILY SERVICES RECEPTION

We've taken the opportunity to upgrade our Family Services reception area in Mildura's 10th Street, during the COVID-19 situation.

The safety is being improved for our hard-working reception staff, and the area is being given a facelift as well.

Watch the MDAS website and follow our Facebook, Instagram and YouTube Channels to keep up to date.

WELL DONE US IN COVID-19

IT'S GREAT TO SEE SO MUCH OF OUR COMMUNITY DOING THE RIGHT THING DURING COVID-19.

Staying home and only going out for work, health care, care responsibilities or to shop for essentials is inconvenient – but it's protecting our mob.

Many of our Elders and people with chronic disease are at risk if COVID-19 gets going in our community. It's up to all of us, to look after ourselves and look after each other.

Thanks everyone – and please keep it up for as long as it takes.

A CULTURAL FEEL FOR MEMINAR

WE HAVE SOME GIFTED PEOPLE AROUND HERE... AND LEANNE TAYLOR'S TALENTS ARE MANY!

Leanne has been busy brightening things up around Meminar Ngangg Gimba (our service for Aboriginal and Torres Strait Islander women and children dealing with and addressing family violence). It's certainly brought a warm, safe, welcoming cultural feel to our Meminar spaces. Thanks Leanne - what beautiful work!



OUR SERVICES

HEALTH

GP
Nurse
Aboriginal Health Workers
Outreach Workers
Chronic Disease Management
Maternal Child Health
Nurse Health Checks
Transport

SPECIALIST SERVICES

Nephrologist
Drug And Alcohol Worker
Psychologist
Maternal And Child Health Nurse
Dietician
Podiatrist
Cardiologist
Urologist
Paediatrician
Optometrist
Cardiologist
Respiratory Specialist Audiologist
Physiotherapist
Personal Trainers

CLINICS

Well Women's Clinic
Immunisation Clinic

TACKLING SMOKING AND HEALTHY LIFESTYLES SERVICES

Quit Smoking Support
Boot Camps
Community Gym

SOCIAL EMOTIONAL WELLBEING TEAM

Local Justice Worker Program
Bringing Them Home Program
Drug & Alcohol Counselling
Gamblers Help
Koori Women's Diversion
Wiimpatja Healing Centre
Mental Health-AOD (Youth Specific)
Adult Mental Health
Gambling Community
Prevention Project
Psychiatrist

AGED AND DISABILITY

Commonwealth Home Support Programme (CHSP)
Home and Community Care Program for Younger People (HACC-PYP)

FAMILY AND COMMUNITY SERVICES

CHILDREN'S PLACEMENT SERVICES

Aboriginal Children Specialist
Advice Support Service (ACSASS)
Home Based Care
Kinship Care
Aboriginal Family Led
Decision Making
Cultural Support Planning
Therapeutic Foster Care
Therapeutic Residential Care
Therapeutic Residential Case Management

FAMILY SERVICES

Integrated Family Services
Aboriginal Stronger Families
Family Preservation and Restoration
Parents Under Pressure
Youth Services
Koori Night Patrol
Soccer Club
Community Development Project
Youth Justice
Early School Leavers
Emerging Leaders Program
Family Violence

Meminar (Family Violence refuge)

Men's Case Management
Time out Services
Men's Behaviour Change Group
Koori Youth Connect

HOMELESSNESS AND HOUSING SERVICES

Crisis Support
Transition Support
Aboriginal Tenants at Risk of Eviction
Koori Private Tenancy Worker
Community Housing

EARLY YEARS SERVICES

Maternity Services
Maternal and Child Health Services
Family Support Services;
- In Home support
- Cradle to Kinder
Early Intervention and Early Learning Services
- Supported Playgroups
- Circle of Security
- Collaborative Therapy
HIPPY (Home Interaction Program for Parents and Youngsters)
Koori Preschool Assistant Program

OPENING HOURS

Mon - Thur 9am - 5pm
Friday 9am - 4pm

MILDURA

120 Madden Avenue
5018 4100

SWAN HILL

70 Nyah Road
5032 8600

KERANG

9 Nolan Street
5450 3019

ROBINVALE

77 Perrin Street
5026 1848

TO HAVE ITEMS INCLUDED IN THE MDAS NEWSLETTER

Please contact Terry or Jacinta Gange, NewsAlert PR Mildura
0498 490 672 or email hello@newsalertpr.com.au

www.mdas.org.au