



MDAS
MALLEE DISTRICT ABORIGINAL SERVICES

Koori NEWS

AUGUST 2020



COVID-19 APPEAL FROM OUR ELDERS

IT'S EASY TO DROP THE BALL ON COVID-19 – SOCIAL DISTANCING, GOOD HAND HYGIENE AND STAYING HOME WHENEVER YOU CAN TAKES EFFORT.

But even if you don't think you're worried about COVID-19, our Elders are, and they should be. The "new normal" is hardest for those who are older, and those most at risk from coronavirus are older people, and people who already have medical conditions.

Our MDAS Health and Family Services teams have been doing more home visits and doing telephone welfare checks to keep Elders home and safe.

We're helping Elders get access to telehealth appointments, so they don't have to leave home to get medical care.

Our Allied Health Services like Podiatry are back onsite at MDAS, so our Elders and chronic disease clients can be prioritised.

Our teams have been making deliveries of fresh food and supplies to Elders and community in need.

At the start of COVID-19, Elders were very hesitant to come to our health services – but they are now understanding that we are doing everything we possibly can do prioritise their health needs and provide a safe environment to do so.

Looking after other health needs as well, for all of us, is important too. So if you or someone you know needs support, there are always ways we can help – give us a call to find out what we can do.

And keep doing your bit to keep our Elders – and our mob – safe.

Pictured: Top: Aunty Yvonne gives the thumbs up to a health check with Dr Anand

Below: MDAS community engagement officer John Jackson with Barkindi Elder Uncle Rex Smith

Right: Delivering food hampers to our Elders and community in need has become part of the "new normal". Kerang transport driver Hack Webster does a drop off to Aunty Shirley

In this issue...

WELCOME TO OUR NEW DIRECTORS PAGE 2

WE'RE ON THE RIGHT TRACK PAGE 3

YOUNG ARTISTS MAKING THEIR MARK PAGE 3

DEADLY THIS MONTH – KEHAN DYCE PAGE 4



MUST DOS:





EMERGING LEADERS AT SEWB

It's exciting to see some energetic, dedicated and skilled new leaders stepping up to new roles in our Social and Emotional Wellbeing Team.

Congratulations to **Tiffany Griffin** (left) who has recently been appointed as Coordinator of the Social and Emotional Wellbeing team. Tiffany has worked her way up through the SEWB team after starting as an Alcohol and Other Drugs trainee. She's continued to grow her skills and qualifications, and was appointed to the coordinator's role in July.

And well done to **Gloria Spencer**, who is taking on the acting Team Leader's role for our groundbreaking Mental Health Demonstration Project. This important partnership with Mildura Base Hospital Mental Health Services is setting new standards for the support of Aboriginal people with a mental illness. Prior to stepping up to the new role, Gloria has been with the project almost since its inception.

I.T. QUIET ACHIEVERS KEEP MDAS ROLLING

WORKING FROM HOME, AT LEAST PART OF THE TIME, IS PART OF THE "NEW NORMAL" AS A RESULT OF COVID-19.

At the peak of the pandemic, about 60 percent of MDAS staff were working remotely, meaning critical and frontline staff could be able to keep working (with social distancing) at our main offices to keep services running and to keep community healthy, well and supported.

But working from home isn't as



WELCOME TO OUR NEW DIRECTORS

A BIG WELCOME TO OUR TWO NEW DIRECTORS AT MDAS.

Mike Russell is our new Director of Corporate Services and George Fagioli has taken up the role as Director of Family and Community Services. Mike and George have both come to us from Melbourne – and both come with strong backgrounds in management and finance.

Mike's team is the "behind-the-scenes" team! They provide things like Human Resources, Finance, IT, purchasing, OH&S and Governance to support our Health, Family and

Community Services teams so they can focus on serving the community.

George replaces Andy Charles, who is now the acting CEO of MDAS. George's team includes our Care and Culture services, Family Services, Family Violence Services, Orange Door and Youth Services.

We're excited to again have a full executive team in place, and with the experience our new directors have, we're looking forward to exciting things happening right across MDAS in the year ahead.

PSYCHOLOGICAL THERAPY SERVICE

NEW SERVICE STARTS IN AUGUST

A new partnership between MDAS and Murray Primary Health Network is aiming to smooth the pathway for people wanting to access support services for mental health, psychosocial recovery and alcohol and other drugs services.

The PTS offers "stepped care" – which means care that is matched

to the needs of the individual. Stepped care recognises that there is a spectrum of needs, and therefore there needs to be spectrum of services...and that those services cannot operate in "silos", separate from each other.

The aim of the PTS approach is to deliver person-centred care, rather than a "one size fits all" approach.

If you think this service might be useful to you, contact our SEWB teams for a yarn.

simple as it sounds. We don't usually hear much of the MDAS IT team, but this little bunch of four quiet achievers have helped to make it all happen.

Resources were stretched thin at first, but, thanks to a lot of MDAS business functions having been moved to cloud-based services, the required workforce was mobilised within a fortnight using a combination of MDAS equipment and staff BYO devices. They've since rolled out Microsoft Teams within weeks – a rollout that would normally be months in the making.

It means staff can stay connected via

PC, laptop or mobile phone no matter where they are located. Well done and thanks to our IT team for a big few months!



Cool in a crisis is MDAS IT Manager Joseph Azzarelli

YOUNG ARTISTS MAKING THEIR MARK

THE TALENTS AND QUALITY OF THE WORK OF OUR YOUNG MILDURA ABORIGINAL ARTISTS IS AMAZING.

We put out a call for young artists to submit their art portfolio for a chance to be chosen to feature among four local amateur artists to paint our Mildura consult room wall – as well as having three of their works displayed at the clinic.

We were so excited with awesome portfolios we received...but we had to choose only four winners:

- Milla Morgan
- Giselle Spenser
- Kailey Clark
- Jemma Fanshaw

Each artist received a \$1000 prize – and their work will be seen by the thousands of people who come through our clinic each year.

Congratulations and thank you to all of the young artists who entered – keep working and creating!



NAIDOC CELEBRATIONS PLANNED FOR NOVEMBER

OUR MALLEE NAIDOC WEEK 2020 CELEBRATIONS WILL BE HELD FROM THE 8-15 NOVEMBER.

The November dates follow the decision by the National NAIDOC Committee (NNC) to postpone NAIDOC Week from the original July dates due to the impacts and uncertainty from the escalating Coronavirus pandemic across our communities and cities. It was to protect our Elders and mob with chronic health issues from COVID19.

Watch our website, Facebook page and Koori News for more information about the events we are planning – or get in touch with our Community Engagement Team to get involved!

RUSH ON FLUVAX... HAVE YOU HAD YOURS?

So great to see the huge demand coming from community for vaccination against the seasonal flu – with COVID-19 it's more important than ever.

So far, we've done 563 Immunisations at our Mildura, Swan Hill and Kerang clinics this year. And we're extra pleased more than 30 percent of our clients aged over 50 have been immunised (up from 26 percent last year).

Well done to those who've had the FluVax. But if you haven't, it's not too late.

While there is no vaccine to protect against coronavirus, the flu vaccine can reduce the severity and spread of influenza. Influenza can make you more susceptible to respiratory illnesses like coronavirus.

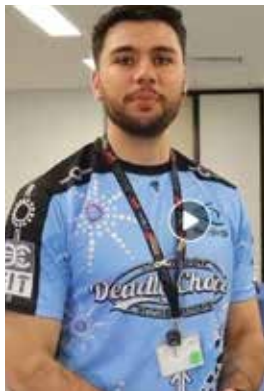
The FluVax is free for Aboriginal and Torres Strait Islander people aged 6 months and over, so talk to us about getting yours!

Around MDAS

DEADLY THIS MONTH

KEHAN DYCE You might have noticed a young fella stepping to the fore lately!

Kehan Dyce began at MDAS as a transport driver – but he was always keen for something more. A couple of months ago ago, he started with the Health Promotions team, and since then, he’s been hard to miss!



He was one of the faces of the Health Promotions Team’s online Men’s Health Week promotions and he was a natural!

But Kehan doesn’t just talk the talk...he’s passionate about health and fitness, plays for Mildura Football Club and has started studying Certificates 3 and 4 in fitness. Thanks and well done Kehan!

2020 MDAS NAIDOC WEEK ART COMPETITION

WINNER Coles Myer Voucher to the value of \$2000
2ND PRIZE Coles Myer Voucher to the value of \$250
3RD PRIZE Coles Myer Voucher to the value of \$100

We are looking for submissions from artists from the Mallee to join our NAIDOC week art competition for the design of our 2020 NAIDOC shirts. COVID-19 forced us to postpone our NAIDOC celebrations and art competition. But we are now preparing for NAIDOC to go ahead in November. Entries for this competition now close **AUGUST 20**
 Mildura | Swan Hill | Kerang | Robinvale

For more information please visit www.mdas.org.au or call John Jackson 9427 942 288 or John Mitchell 9427 942 288

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