

# **Nindilingarri Cultural Health Services Annual Report 2021 - 2022**



**At Nindilingarri Cultural Health Services we acknowledge the traditional custodians of the land, the Bunuba people. We also acknowledge the five language groups, Bunuba, Gooniyandi, Nyikina, Wangkatjunka, Walmajarri and all their elders past, present and future.**

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# **Committee Members**

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Judith Brooking  
Cynthia Brooking  
Avreanna Hobbs  
Ethan Hoad  
Annette Lomarda  
Johnny Nargoodah  
Claude Carter

## **MISSION STATEMENT**

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To provide culturally appropriate, holistic health promotion, disease prevention and community services to benefit the people of the Fitzroy Valley.

## **VISION STATEMENT**

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To be the best provider in Western Australia of health promotion, early intervention and community services to Aboriginal people.

# INTRODUCTION TO NCHS

Nindilingarri Cultural Health Services is an Aboriginal Community Controlled Health Organisation. It began in 1995, following a wide reaching community meeting aimed at establishing the type of health service the local community wanted. The clear message from this consultation was that the community wanted a Holistic, Culturally Appropriate Service that recognizes the impact of Aboriginal Law, Culture, Spirit and Land issues on the health of the community.

The community also specified that they wanted an Aboriginal Community Controlled Health Organisation that focused on Disease Prevention and Health Promotion. Most importantly, they wanted a service that worked together with the existing mainstream hospital service to avoid service duplication and improve the quality of services for local people. It was from this consultation that the concept of a partnership between the Fitzroy Valley Health Service, Kimberley Population Health Unit and Nindilingarri Cultural Health Services emerged.

NCHS has 2 main divisions, which are:

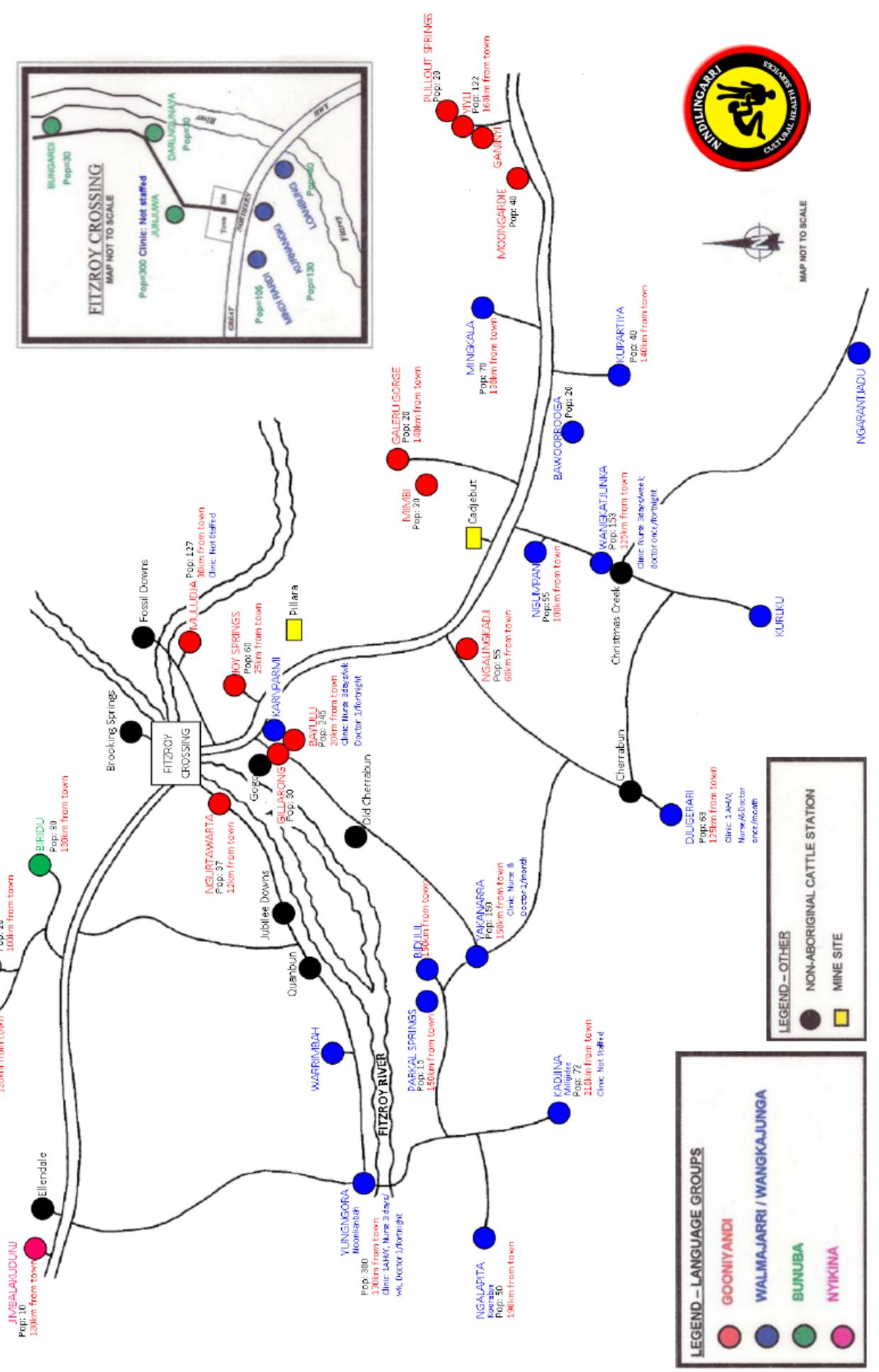
**Health Services:** Health Promotion Team  
Environmental Health Team  
Alcohol, Drug and Mental Health Services

**Community Services:** Commonwealth Home Support Programme

An all Aboriginal committee governs Nindilingarri Cultural Health Services. In line with the constitution, the committee is made up of a representative from each of the main language groups within the Fitzroy Valley (i.e. Bunuba, Gooniyandi, Walmajarri, and Wangkatjungka). The Nindilingarri Cultural Health Services Governing Committee meets several times per year.

# Fitzroy Valley Communities

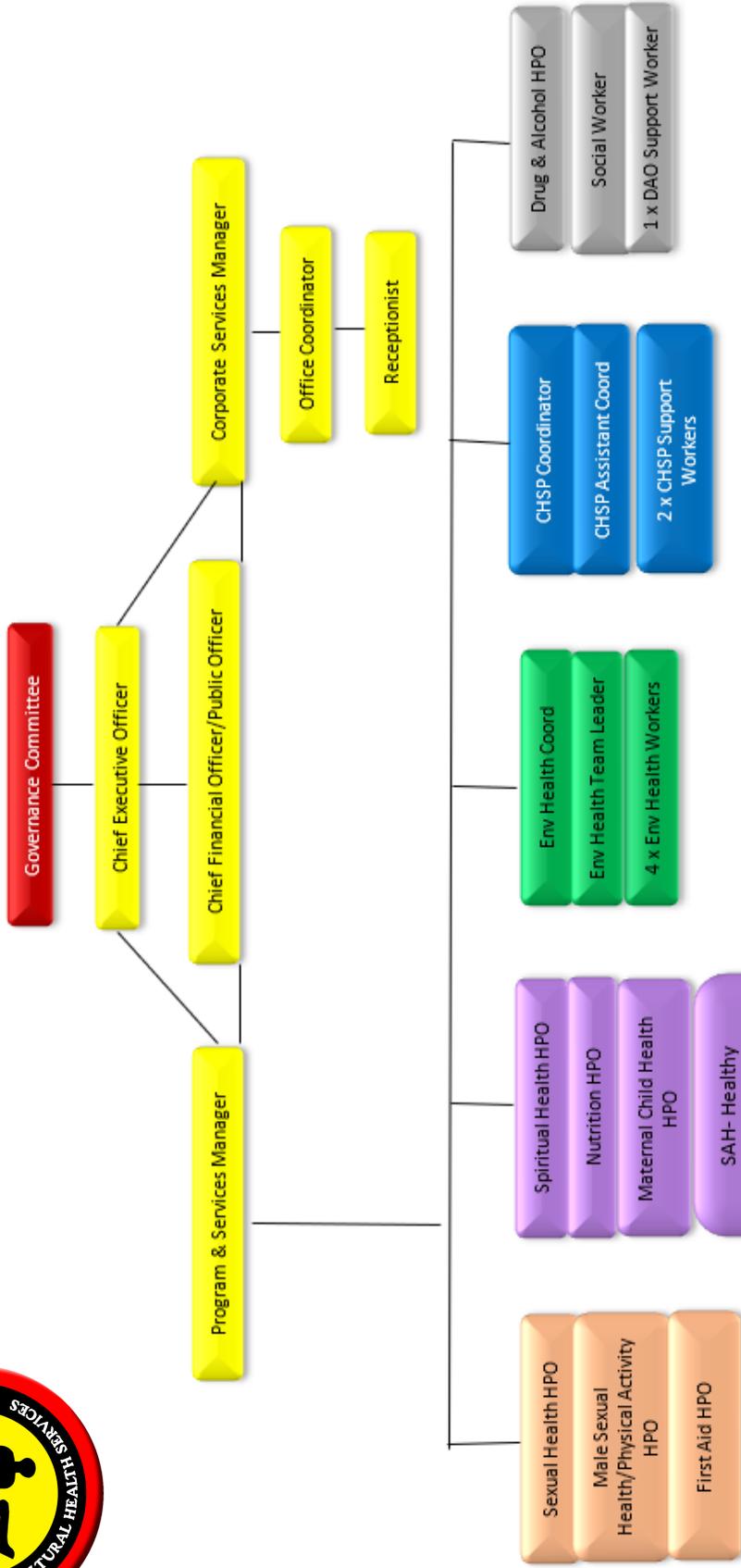
**TOTAL POPULATION FOR THE FITZROY VALLEY 3,500**  
All population figures are estimates





# NINDILINGARRI CULTURAL HEALTH SERVICES Inc.

## Organisational Structure/ Funding Streams



**Funding Streams:**

- Australian Government – DoH IAHP
- WA DoH - Western Australia Country Health Service / Strengthening Aboriginal Health
- WA DoH – Environmental Health
- Australian Government – Commonwealth Home Support Program (CHSP)
- WA Mental Health Commission

**Position Keys:**

- HPO = Health Promotion Officer
- HPW = Health Promotion Worker

# **INTRODUCTION TO THE FITZROY VALLEY HEALTH PARTNERSHIP**

The Fitzroy Valley Health Partnership began formally in the year 2000. It began as a partnership between the Fitzroy Valley Health Service (FVHS) and NCHS. At this time the Health Minister, Bob Kucera, was encouraging and endorsing partnerships between the Department of Health and Aboriginal Health Services. This was a new approach for both organisations and the hard work and good will of all of those individuals involved in these formative years of the Partnership is recognised and acknowledged.

The FVHS is part of the WA Country Health Service (WACHS) and includes services which come via Kimberley Population Health Unit. This comprises a hospital, providing a wide range of inpatient and outpatient services, and a Population Health Service. The hospital outpatient services include appointment based General Practice, emergencies, specialist visits and allied health visits. The Population Health Service includes community clinics, child health, school health, community midwife, retinal photography, and diabetic educator. Clinical management of Population Health is provided by Kimberley Population Health Unit (KPHU), based in Broome.

In 2004, the first Partnership Agreement was signed by the FVHS and NCHS. This Agreement formalized the intention of both parties to work in Partnership, so as to deliver, in a coordinated fashion, increasingly effective, efficient and culturally safe health care to the population of the Fitzroy Valley region. The Partnership was fully implemented in July 2006 and was further strengthened by the co-location of the 3 services in Fallon Road in December 2008.

The principal mechanism for auspicing and operationalizing the Partnership Agreement is the Partnership Forum which meets approximately bi-monthly, and includes equal representation from each service. The Partnership Forum provides an environment that allows each organisation to meet and discuss their roles, problems, plans and ideas. It continues to be the shared vision of the Fitzroy Valley Health Partnership to completely eliminate duplication and provide a continuum of care that is culturally appropriate, holistic and sustainable.

# CHIEF EXECUTIVE OFFICER

Maureen Carter



I am pleased to deliver Nindilingarri Cultural Health Services Annual Report for the period of 01/07/21 to 30/06/22.

This has been another busy year for the organisation as highlighted in all Program and Management Reports contained in this Annual Report. Also, in the same period NCHS had to cease its normal activities as the Covid-19 Omicron Variant had reached the Kimberley.

The Fitzroy Valley communities were fortunate to have worked with NCHS since 2020-2021 in Covid-19 awareness and many had prepared their Covid plans for their communities and families. At the time, the Covid-19 Virus did not enter the Fitzroy Valley in 2020. However, it was in other surrounding towns in the Kimberley. At NCHS we had established a Covid Vaccination Clinic in 2020 and work continued with the nurses to make arrangements to vaccinate the elderly, schools and people in the town of Fitzroy Crossing. We also organised JAB-ATHONS events in the community and at the IGA in an attempt to get as many people vaccinated as possible. All the NCHS team was present to provide support where needed. Some explained to community members about the vaccination, some helped to complete forms, some helped with transport while others attended the BBQ to feed staff and participants. All participants were entered into the raffle prizes valued at \$200 and a bike prize for children. The winner was announced on Wangki Radio and NCHS Facebook page.

At the beginning of the year NCHS reviewed and updated previous information collected from communities on Infrastructure, Housing Population, Community Stores, Air Strips, Clinics and Emergency Contacts. All collected details were then sent to relevant government agencies in case of an emergency. We also implemented Covid guidelines for the organisation in line with State Legislations. We made sure that our staff had all the necessary supplies for Covid-19 such as Covid car kits, PPE, Masks, Goggles, Hand Sanitiser and Rubber Gloves to carry out their duties during this time.

To also prepare the community for the threat of the Covid-19 Virus new information was developed and delivered to all households in the town and the Fitzroy Valley (see booklet -Managing Covid-19 in the Home).

The team also supplied masks, soap, hand sanitisers and Rapid Antigen Saliva Test Kits (RATS) which NCHS staff demonstrated to family on how to use these products. Younger family members were encouraged to assist older relatives and friends with their tests.

When the Omicron Virus reached the Fitzroy Valley in March of this year, the communities were able to put their plans into action and went into lockdown to prevent the spread. The first community to have contracted the Omicron Virus was Nookanbah Community (see FX map). Within five months, the Omicron Virus had spread very quickly to other communities in the Fitzroy Valley including the town. Overcrowding in community houses and lack of isolation infrastructure made this the perfect environment for the virus to spread across families.

A communication strategy was developed by NCHS to inform the community about the Government Covid – 19 Strategy. As new information was received, it was put on NCHS's Facebook page, Wangki Radio, public notice boards around town and sent via a list of important email addresses that we had compiled. We also made videos on how to use an Oximeter, the correct use of Personal Protective Equipment and important Hand Hygiene Practices. All this information was then uploaded to the NCHS's Facebook page and the YouTube channel.

NCHS developed and arranged Home Covid-Ready Kits which were put together by our staff. Around 300 kits were distributed by the Environmental Health team to families in the town and communities who had contracted the Covid Virus. A big thanks goes to NCHS staff that helped with that process and the Kimberley Pharmacy Services for providing the supplies. It is also worth mentioning that NCHS made sure the town and community families had sufficient supplies to last through this period. This also included families who were having to attend funerals.

We also prepared communities for the visits of Covid Swabbers and Ambulatory Staff which came from outside of Fitzroy Crossing to carry out testing and provide anti-viral medication to people who were sick. A big thanks goes to NCHS Environmental Health team who accompanied them and arranged these community visits. It is important to also mention that during the spread of the Omicron Virus in the Fitzroy Valley state clinics at Wangkatjunka and Bayulu communities were closed which increased our workload.

The staff went out of their way to deliver people's medication from the pharmacy to people's houses which would have normally been picked up from the clinics.

During the Covid Pandemic the local Community Health and the Fitzroy Hospital had a deficit in staffing and could only provide minimal services. As a result, people were brought in from other areas of the Kimberley who did not know the Fitzroy Valley. They were required to carry out swabbing and deliver ambulatory care which delayed start time due to the lack of knowledge of the region. Quite often NCHS staff had to wait for these teams to arrive and then reschedule community arrangements because of this situation. There were early starts at 6.00am for planned visits to beat the heat and late returns around 7.00pm or later which often conflicted with State Policy work hours of 8.00am to 4.00pm. These early starts were essential to cover all communities in the Fitzroy Valley and the travel on rough dirt roads.

Our local knowledge and relationships with the communities of the Fitzroy Valley were vital in informing the Government's Covid-19 Strategy agencies during the Covid-19 Pandemic. The NCHS CEO also attended the Covid-19 Incident Support Group which was made up of Government Departments and other non-government agencies including the Shire of Derby West Kimberley. This group was created to exchange and share information about the spread of the Omicron Virus in the West Kimberley. Information gained from these meetings were then disseminated to the town and communities (Please see info). The Covid-19 Strategy which the Government had developed, encountered difficulty in remote areas as it was based on digital technology service requirements. That relied on access to internet reception, mobile coverage, computers, and mobile phones in order to register Covid-19 cases with the Health Department and for Welfare Support. Many communities do not have access to either of these services. In one community the chairperson had to go to the powerhouse which was on high ground in his community to get mobile reception. Also, many communities in the Fitzroy Valley did not have the infrastructure of a functioning office which would have been an essential service in this environment.

We were very lucky in this instance that we were dealing with the Omicron Virus at the time and not the Delta Virus as the situation would have been very different for communities. There could have been a lot more very sick people and the possibility for loss of life. Fitzroy Crossing is known to have the highest Prevalence of Chronic Disease in the Kimberley which would have severely impacted families.

Currently, Covid-19 cases have decreased in numbers throughout the town and the communities which enables NCHS to return to our normal duties whilst still being vigilant. The Covid-19 restrictions that were put into place have now been removed and things are returning to normal for families. Nindilingarri Cultural Health Services have enough Covid-19 prevention products in stock to supply to the Fitzroy Valley in case of another outbreak.

The CEO is still notified of COVID-19 numbers for the Fitzroy Valley and the town.

It is a priority of NCHS Board and Management that the organisation continues to deliver culturally appropriate and professional services to people of the Fitzroy Valley as well as partnership agencies that we work with.

The Senior Management team at NCHS ensures that financial, programs and services as well as the organisational compliance is maintained to meet contractual and legislative compliance. This organisation went through BSI ISO 9001: 2015 – Quality Management System Audit on the 16/7/22 and passed which was then certified to 13/7/25. I want to thank Callum, Sue and Clint for maintaining the systems throughout the year to achieve this outcome.

During this period, we unfortunately had some staff resignations including Alice Cameron, Shoniece Collard, Michael Dennis, Naomi Frank, Jude Hassett, Ryan Hickford, Sophie Hambley, Katilin Johnson, Axton Ryder and Helen Stemp. We thank them for their hard work and wish them well in their new endeavours.

The new staff recruited to fill these vacancies include Louise Dededar, Taylor Hunt, Richelle Vanbee, Jarrod Minniecon, Emily Vansittart and Megan Lowe. I welcome you to NCHS and I hope you settle into Fitzroy Crossing and your new positions. I would also like to acknowledge the long- term staff for your continued hard work and loyalty over many years.

The NCHS CEO still leads the Critical Incident Response and Fatalities Group for the Fitzroy Valley with support from the AOD Coordinator and Social Worker with other relevant agencies. When requested by a family member, NCHS will provide support to Sorry Camp and grieving families as necessary. We work very closely with the local Kimberley Mental Health and Drug Service, Fitzroy Police and the Fitzroy Valley Health Service in order to provide a holistic service to families. My acknowledgements go to Anthony Collard, Clint Bussey and Louis Marcel- Jones for the great work they do in this space. I would also like to point out the good work Anthony and Louis have done with youth in reducing VSU (Volatile Substance Use) in the community. They also supplied Covid-19 products to the youth and provided the relevant information.

Due to Covid-19 all meetings the CEO and other staff members normally attend in person were hosted via TeamViewer. This also included the Aboriginal Health Council of WA (ACHWA) and the Kimberley Aboriginal Health Planning Forum in Perth and Broome. These meetings are only now being able to be done in person again. NCHS staff are now having face to face meetings with relevant agencies and have resumed their visits out to communities. The staff have also resumed their training commitments in Broome, Derby and Perth.

The new manager at Guwardi Ngadu Frail Aged Hostel is Belinda Storer who I have maintained contact with and provided support where needed. Especially during Covid-19 it was essential to provide her the best support possible. Now that the Covid-19 restrictions have been reduced, NCHS has commenced programs in the facility again.

The Community Home Support Program (CHSP) had to be put on hold whilst Covid-19 restrictions were put into place. The team was now able to re-commence the Centre base activities and I would like to thank Tia and Taylor for their service in continuing to provide meals to the CHSP and Kimberley Aged Care clients. The CHSP building has been recently renovated to cater for the increase in client numbers.

I would also like to thank all the NCHS staff and other agencies as well the Eight-mile band for their participation in the International FASD day celebration. With these combined efforts the event was very enjoyable and a big success.

In closing I would like to thank the NCHS Governing Committee members, the NCHS Senior Management and staff for their ongoing support and commitment to the organisation. I would also like to acknowledge the wonderful work carried out by the nurses and the many agencies who have worked with us throughout the year.

Maureen Carter-CEO Nindilingarri Cultural Health Services Inc.



# Administration

Sue Winter



Chief Financial Officer

Callum Lamond



Corporate Service Manager

Vanessa Kanitz



Office Coordinator

Clint Bussy



Program & Service  
Manager

During the previous year, Nindilingarri has completed installation of GPS trackers in all vehicles. This has massively improved safety for all staff as well as ensuring the vehicles are properly maintained, any issues are detected early, and this ensures that all vehicles are compliant on the road.

During 2022, Nindilingarri was due it's recertification audit from BSI for the ISO 9001:2015 Quality Management System. The recertification is every 3 years and is a lengthy process. Thankfully, due to the hard work of all staff, especially the Administration team, Nindilingarri once again has been certified by BSI and will be for the next 3 years. Thank you to all involved who made this possible, and to BSI for making the process enjoyable and smooth.

There have been some major building upgrades at the CHSP site next to Guwardi. To accommodate the ever-growing list of CHSP clients, the building has been extended out. This allows more clients to attend centre-based day care. Although being slightly delayed due to covid restrictions, this is now finished and looks fantastic. The wet area, including the showers and toilets have been replaced. The whole building has new flooring. The kitchen has been revamped. There are also new tables and chairs and lots of upgrades on the way. Please feel free to come and visit and join in with the activities!

Most of the NCHS staff housing has had security upgrades. This has been necessary due to consistent break ins around Fitzroy.

We now have crim-safe on most of our houses as well as fencing and secure gates. Going forward, NCHS will be actively looking for further ways to upgrade houses and continue to make them safe and comfortable for staff.

BEST IT in Broome now fully manage Nindilingarris IT system. As a result, this has taken the burden from the Administration staff and has freed up a lot of time for the staff to concentrate on other projects.

Due to Covid, access to the Nindilingarri building was restricted and the entrance and exits were changed. It was an extremely difficult time, and all staff were excellent in adapting to the necessary changes. The community were still able to access services, including first aid kits and bush medicine via the reception area.

During this time, Nindilingarri became responsible for helping the community with registrations when they had tested positive for Covid. When the Covid wave hit, this put an enormous amount of pressure on the staff to continue with all services and be able to liaise with the community to make sure this ran smoothly. I would like to thank the community for their patience during this very difficult period, and I'd also like to thank the staff for their extremely hard work.

Due to the overwhelmingly large amount of information Nindilingarri was printing and getting out to all communities, we invested in a new publishing machine. This is a very big upgrade from the previous photocopier and has been extremely useful in the mass production of posters, pamphlets and information which helped to keep the community well informed throughout the busy Covid period.

Going forward, Nindilingarri is well placed to continue to provide excellent, culturally appropriate services as well as maintain an elevated level of service to the community.



# Program and Services

## Manager

### Clint Bussey



Our programs and services teams have had a highly successful and demanding year with month after month of challenges that they have all handled with their heads held high.

During the year we said our goodbyes and best wishes to Kaitlin Johnson (Mums and Bubs), Helen Ryder (Women's Health), Alice Cameron (Nutrition) and Jude Hasset (Spiritual Health) who worked well within our team at NCHS.

We must also pay our respects and gratitude to the community members that we have sadly lost this year and their families they have left behind. It has been a very sad year for many, and we think of them as they go on day by day without their loved ones.

It is with high hopes and excitement we welcome Declan Carter (Environmental Health), Jarrod Minniecon (Spiritual Health), Megan Lowe (Maternal Health), Emily Vansittart (Nutrition), Dave Park (Men's Health) and we are accompanied here today with Jade Howgate (Women's Health) as well as Anika Bolding (Mum's and Bubs) that will be joining us in the upcoming weeks. This allows the teams here at NCHS to work at full capacity with the benefit passed onto our people in the community that we strive relentlessly to provide the best outcomes along with their guidance.

This is a major milestone for NCHS and the wider community and has come with many years if not decades of hard work and dedication to achieve such a fantastic working team.

Our model of care is to continue to achieve sustainable and positive health outcomes alongside community members in each home and community. CEO (Maureen) and CFO (Sue) are in constant talks and constructive discussions with team members and the community as well as several funding bodies to build and evolve the best practices to deliver.

In recent months we have had outstanding success with all program reporting.

There has been several self-appointed changes to various funding key performance indicators to more constructively represent community needs rather than constrictive database criteria. Many of our program staff have been instrumental in co-designing their program structure and desired health outcomes to deliver to the wider community.

There have been very significant changes to the Mums and Bubs program, as well as the smoking cessation and healthy lifestyles program.

The drug and alcohol program delivered by our two busy staff has had the accolade of restructuring their program on their terms and the conditions of the wider community. They have gone onto receiving various accolades from the wider community and their funding bodies.

Some very significant success from the NCHS programs and services teams over the last twelve months include:

Playing a pivotal lead and community representative to stem the flow and impact of covid, while assisting in keeping much of the entire community safe during the outbreaks and preceding the 2 years of covid.

Some excellent progress in community homemakers and the uptake of community input into the nutrition program coordinated by Emily after an absence during the pandemic and restaffing.

The immense popularity and connection of Megan within her program and women's groups throughout the community. Major successes were clearly observable with the leading of a successful FASD day that took months of preparation led by Megan and her NCHS teammates.

There has been enormous successes received by the Drug and alcohol team after some very significant community concerns, The volatile substance use reports are all positive and the team has gone to all lengths to work alongside the community in minimising the effects of these practices and in some areas of the community totally eradicated this harmful practice.

The ROCI (Reducing Our Chronic Illness) led and coordinated by Ben has produced much needed successes with delivering chronic disease messages to the wider community. Ben has been instrumental with the community radio program providing a great deal of energy towards an interesting, thought provoking and energetic program. Ben has had great success within the bush medicine program and his older community members being actively involved in producing bush medicines to be distributed throughout the Fitzroy Valley.

Jarrold Minniecon although being the newest member of our team has had an immediate impact in the community with various projects. Jarrold is increasingly popular, warm, friendly and has a high energy that is palpable. Jarrold has received positive feedback already as he relentlessly records with community members and take part in various community events throughout the community.

Jarrold has undertaken responsibility of the men's health program in the long-term absence of an individual in this role and will soon hand over to Dave.

Bre has been a very active and motivated member of our team coordinating the smoking cessation/ healthy lifestyles role that is by no means an easy role. Bre has developed the program to best suit community needs and has committed herself to an enormous task of accessing, house by house individual smoking rates in the valley, we are in full support of Bre's commitment to reducing the rates of smoking for all and reducing the enormous harm that smoking does to all.

I personally look forward to another successful year with the team and have an open-door policy to anyone that has questions or concerns or would simply like to sit down and have a chat. We wish everyone a very safe and happy year.



# Guwardi Ngadu

Here at Guwardi Ngadu our warm and friendly staff take the time to get to know our resident's individual needs, preferences, personal interests, and hobbies. Guwardi is currently home to 16 residents but has capacity for 24 beds.

New and exciting room renovations have commenced early September and residents are excited to see the new fresh rooms and new equipment including Smart TV's, King Size Beds and upgraded amenities.

Unfortunately, one of the down sides to the renovations is we have not had capacity to accept any new admissions. This was mainly due to minimal space to safely accept any new admissions. It has been a little compact in areas, but the residents have been accommodating and understanding of the situation. The first stage of the project which included rooms 1,2,3,7 and 8 are due for completion mid October 2022. Rooms 4,5,6 will then be stage 2, due to be completed December 2022. Whilst not budgeted for currently, we are attempting to renovate rooms 9,10 and 11 in early 2023. This will enable more space and increase the living area.

Whilst we have a waiting list for residents wanting to come into Guwardi, we welcome any family members wanting to explore Guwardi as an opportunity to become home to your loved ones. Our friendly staff will be able to discuss available options and assist you with all your questions.

During COVID-19, we had to place all of our efforts in preparing to minimise the spread and learning to live whilst protecting our most vulnerable people.

COVID-19 has impacted Guwardi several times this year, however despite not being in what is classified as an "Outbreak", we have been identified as an "Exposure Site". This was predominantly due to staff travelling to work here that tested positive.

Due to the high turnover of agency staff this could not have been prevented. The initial staff outbreak caused significant staff shortages. In consultation with the Commonwealth and Nindilingarri, the Army was deployed to assist with the critical situation which turned out to be very successful. The Army team enjoyed their interactions with residents and equally residents enjoyed spending time with visitors. It gave them the opportunity to talk about their work and what they do in the army as well as exchange stories about language and culture.

We had a personal hairdresser which gave our residents and staff the opportunity to enjoy some new hair styles. Whilst it was tough times and uncertain ground for a while, our residents really enjoyed their interactions with the Army staff and appreciated their work.

In the early stages of our preparedness, Juniper engaged ASPEN Medical to assist our COVID-19 planning. Their feedback and support was instrumental in the success of minimising and managing the spread.

We are thankful for the partnership with Nindilingarri and support from Marra Worra Worra, Marniwarantikura, WACHS and other stakeholders. Without this help we would not have been able to focus on the most important task which was to protect our elders of this community.

I, personally, as the Residential Manager would like to extend a huge thank you! At my weakest moments you all helped me and my staff find the strength to continue, fight our fears and focus on our duties to protect our residents.

We have had, at two separate times, 2 residents with COVID-19. Both cases were identified as community transmission. We enacted our strict protocols immediately and successfully minimised the spread to other residents or staff.

Whilst we enjoy seeing the rest of the world going back to normal, we will continue to follow all Government mandates, work with Nindilingarri Cultural Health, community, and family members to ensure the ongoing safety and wellbeing for all residents of Guwardi.

Throughout the tough COVID-19 lockdowns, the team here at Guwardi have had a huge focus on providing extra social activities to maintain our residents emotional and social wellbeing.

Mangaka Arts closed the art centre to the public when artists were onsite painting and provided supplies for artists to continue their work whilst the facility was in lockdown.

Nindilingarri and their Health Promotion Team delivered a Music Sing Along Program on Friday mornings where all residents and CHSP clients enjoyed a sing-along. Smoking Cessation supported the site to implement identified smoking areas and education around smoking. Bush Medicine has always been highly important to our residents. Going out and collecting the right materials to turn into bush medicine is a practice of culture that comforts them which was expressed in their enjoyment for this program.

We also set up facetime for family members to yarn with residents. Church Service unfortunately was not achievable, but we offered inhouse service via live streaming. Residents have a Sunday morning Gospel music session alongside our BBQ breakfast. Movie nights on the big projector, Art activities, BBQ Lunch each Saturday, Damper Cooking as well as our own hair salon and hair washing station have been set up at Guwardi.

Our very personal DJ offers morning DJ sessions. He also works at Wangki radio and started playing requests for the residents and staff. We purchased outdoor speakers and stream live for all to enjoy radio hours as part of everyday activities.

Our focus for the coming year is to –

- Prioritise building staffing accommodation
- Continue to strengthen and support our local employment strategy
- Identify extensions of room renovations
- Build on the Bush Medicine Program with residents requesting to establish bush medicine and food gardens
- Engaging in community activities and programs

We welcome all enquiries and encourage feedback. Family and community engagement with the elders is important for them as it has a big impact on their mental health and wellbeing. If you have any time to extend a program or offer a resource to Guwardi we welcome you.

The management team, staff and most importantly our residents thank you all for your continued support. We look forward to an exciting year ahead.

Belinda Storer - Manager Guwardi Ngadu



# ALCOHOL & DRUG

This year the AOD team has been very active within community on a number of different projects including youth activities, VSU, the blue tree project, Yirriman Camp, post-vention support, FASD Day, ROCI and assisting and supporting the Section 152 households and 175 communities.

The aim of the program is to reduce alcohol and drug related harm across the Fitzroy Valley. The program works towards this by providing individual, family and community education sessions for alcohol and other drugs, support for Section 152 alcohol restrictions for community houses as well as applications and existing restrictions on houses. The team provides support for communities with Section 175 restrictions or for those communities looking to apply. Also included are school education programs, management of the Fitzroy Valley Alcohol and Other Drugs Prevention Group, health promotion events, community activities and FASD education and prevention.



Our team has continued developing the Youth Collaboration in the Fitzroy Valley over the course of the last 12 months. This collaboration invites all youth-related services to come together to work in a collaborative, efficient and effective way without duplication, all while maximising the services and activities available to youth and community members. Our team chairs monthly meetings for the Youth Collaboration Group, where programs and activities are discussed. Alongside these, issues, concerns, feedback and ideas are also shared to all organisations which helps us evaluate what works and what needs adjustment.



For the past two months, the Youth Collaboration Group has worked on formalising itself as an entity in order to have more structure and carry more voice when requesting things which are needed for the community. In between monthly meetings, our team has worked on the ground delivering positive programs to community members where they are taught skills, discipline, and positive choice-making through the delivery of team sports and activities such as AFL, indoor cricket, soccer, and through on-country learning. The activities provided by our team continue to engage youth of ages ranging between three to eighteen years of age and also engages youth from many different communities. The Youth Collaboration was developed initially due to increased VSU reports in the community, especially among youth. The focus of the programs was structured as diversionary activities to provide a space for youth to feel safe in a controlled environment. Activities run involve both sports and a healthy meal to encourage positive decision-making regarding health.



Our team has continued our work in assisting individuals and communities to apply for liquor restrictions. We have recently cross-checked our database with the Police's database on Section 152 Liquor restrictions to ensure that the information we have is updated. NCHS have continued developing a questionnaire for those who reply to evaluate their knowledge of alcohol and the restrictions on their household. In total, we have 53 houses across 9 communities with a Section 152 Household Liquor restriction on their property. This involves 3-monthly checks to each property to evaluate their needs and address any issues present. In the past six months, the team has received six referrals for Section 152 Household Liquor restrictions, with two still in progress. Each household has completed a Knowledge Check to evaluate understanding. Once follow-up checks have been completed on each household, NCHS will be able to see progression in education regarding the impacts of alcohol on households and a greater understanding of the Section 152 Liquor restrictions. Currently, there are 6 communities with a Section 175 Liquor restriction with one (Joy Springs) application in progress. The AOD team aims to update all signage outside communities indicating they are Liquor Restricted as several signs are fading and becoming difficult to read.



The AOD team was invited to join the 21st Yirriman Camp for young men, where 26 young males between the ages of 10-25 participated in the camp. The focus of the camp was taking kids within the justice system on-country for four days to engage with culture, country and receive guidance from cultural elders from around the Fitzroy Valley. The AOD team participated in campfire storytelling, visiting cultural sites, hunting and gathering. This camp included on-country education on many subjects including VSU, AOD, mental health, general wellbeing, being caught up within the justice system, being a part of local ranger programs, employment and other pathways available. As the camp ended, young men were motivated to make positive changes to their lives and were more aware of support networks available and opportunities within their local area.



**For any further information regarding AOD Programs and Activities, or help with home or community restrictions, please call Anthony or Louis on 9193 0093 or email [aodmh@nindilingarri.org.au](mailto:aodmh@nindilingarri.org.au)**

# **Child Health**

The Maternal Child Health program (MCH) operates to support women and families improve health outcomes for pregnant women and their babies. The program relies on strong partnerships with the Fitzroy Crossing midwives and community members and prioritizes building community capacity to improve health outcomes.

With COVID-19 restrictions and staffing changeover the Maternal Child Health Program had a slow start in 2022. It has now gained some momentum and have been busy coordinating FASD Day, running women's groups, building relationships with organisations and communities around the valley, and delivering pregnancy packs.

The annual FASD Day event in Fitzroy takes place as part of Nindilingarri's partnership with the Marninwarnitikura Women's Resource Centre on the Marulu Strategy. The strategy "aims to Make FASD History" and Nindilingarri champions the prevention initiatives, with FASD Day playing a large role in building on community awareness.

Consultation with key stakeholders revealed blame and shame surrounding FASD was a large barrier to successfully supporting individuals with FASD and their families. In response this year's theme was "Living With Your Strengths" and encouraged the community to celebrate the progress we have made in the FASD space in the valley as well as celebrate each other for their strengths. There was a focus on acknowledging that people with FASD will face challenges because of their disorder that need to be recognised but not focussed on and emphasis should instead be placed on their strengths.

The AOD team, Anthony Collard, and Louis Marcel-Jones, were integral in the planning process especially with their assistance in running 9 education workshops across schools, women's groups and at the aged care facility. These workshops outlined what FASD is, its' cause and emphasized that FASD occurs as a spectrum and manifests differently on different people. We also discussed impacts of FASD and outlined support available for each of the impacts.

Each session was rounded out by acknowledging each other's strengths and aimed to boost self-esteem.

In the end, FASD Day was a success with 4 schools joining for the march from the oval to the visitor's centre and most organisations in the valley contributing to provide food, music, and fun activities at the event.



The team with Djugerari school after a FASD session.



2022 FASD Day march.



Noonkanbah women's group with Emily who visited to run a nutrition session.

Women's groups are a core part of the MCH program. They provide the opportunity to build relationships with community members and reciprocally share knowledge regarding women and children's health in a safe and welcoming space on country.

COVID-19 delayed the reignition of all groups for much of the year with many communities restricting access. Since restrictions have eased, Noonkanbah group especially has flourished, and we have laid a solid foundation and there has been a lot of interest expressed for producing community led health promotion campaigns targeting local issues.

Bayulu women's group has struggled to find regularity due to COVID-19, Sorry Business, and other major disruptions. We will continue to try build momentum but are considering working with another community moving forward.

Djugerari Kindilink and Yakanarra Playgroup play host to Child Health Promotion workshops with the women in those communities. Due to staffing shortages the MCH program has continued to run these workshops and build relationships with key stakeholders in those communities with the aim of providing a foundation for the CHPO when they arrive. Muludja Kindilink have also expressed interest for assistance running Child Health workshops and we will try to support them in this venture.

The Pregnancy Pack Program relies on having midwives in Fitzroy Crossing to be able to refer clients. The program paused for a long period in 2022 with the midwife role absent however is slowly regaining momentum.

The program provides the opportunity for 1 on 1 support for clients, to consolidate information received by midwives in a non-clinical environment. Key topics discussed include child growth and development, self-care, and alcohol and tobacco consumption. It also incentivises attending follow-up appointments and aims to improve access to appropriate health care for pregnant women.

Feelings of discomfort and anxiety around pregnancy check-ups has been flagged, especially regarding young women in the Fitzroy Valley. The MCH program will be working with the midwives and community members to address this with the potential to produce a video walk-through of the experience.

Overall, 2022 has been positive for the MCH program. We successfully coordinated FASD Day and its' supporting workshops and continue to work with communities and organisations to improve maternal health outcomes in the Fitzroy Valley. Megan would like to thank the families across the valley for welcoming her to the role and would encourage anyone who wants support to reach out to her by calling 9193 0093 or messaging the MCH Facebook page.

# **First Aid & Bush Medicine**

Over the past twelve months the First Aid and Bush medicine program has maintained its involvement with schools, community groups, and individuals across the Fitzroy Valley.

The program has been involved in running information sessions and programs in areas such as:

- Heart (Cardio vascular and Rheumatic heart disease (RHD),
- Kidney (Acute post-streptococcal glomerulonephritis (APSGN),
- Skin infections (Importance of wound management regarding reducing the need for medical intervention) ,
- Basic first aid skills (teach community members how to maintain life and prevent further injury).
- Bush medicine (identification, use, production, and distribution).

The First Aid Program also continued the Dressing pack program. A program designed to distribute much needed medical supplies to people across the Fitzroy valley that may otherwise have trouble accessing basic wound management resources.

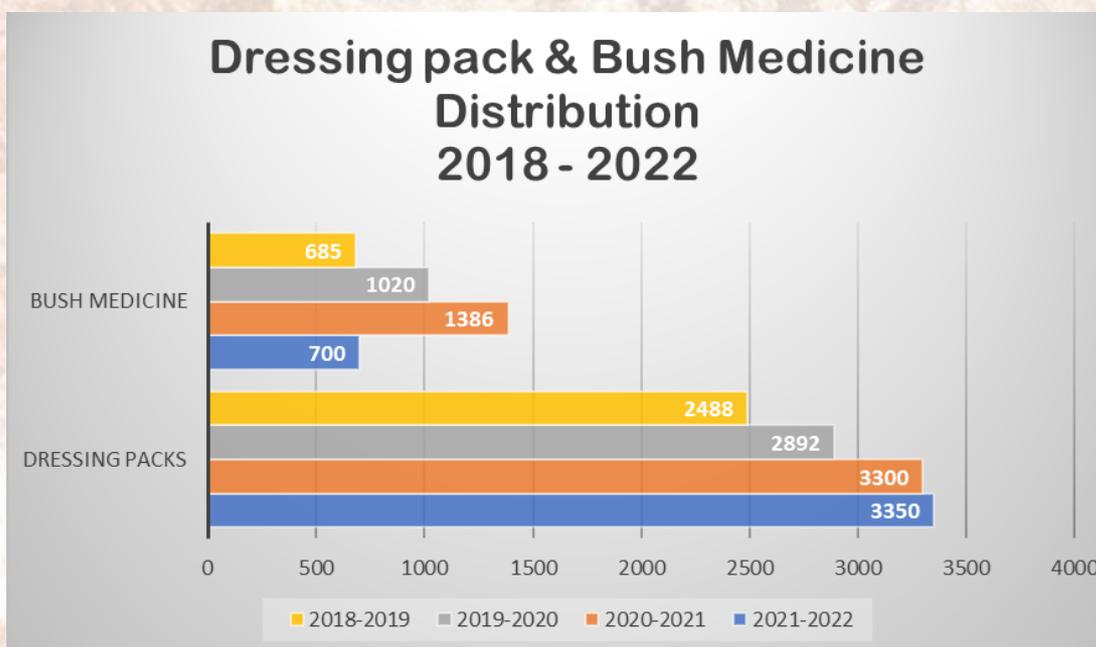
These areas were addressed using a variety of methods including opportunistic one on one sessions, groups sessions including sessions run by the First Aid Program as well as sessions run in conjunction with other program areas such as the ROCI program. Total sessions combined for the First Aid Program was 234, this includes sessions run on the above topics as well as numerous other areas as requested by community members . As with keeping in line with the Nindilingarri ethos all activities are designed and delivered in a culturally appropriate manner and are focused on prevention and education to improve the knowledge and health outcomes of the people of the Fitzroy Valley.

The Bush Medicine Program is run in conjunction with the Dressing Pack Program and is designed to use cultural knowledge coupled with modern practice to decrease the amount of infection related hospitalisations across the region.

The program has had the opportunity to work with elders from across the Fitzroy Valley at the Guwardi Ngadu Age Care Facility, where bush medicine is being produced and used by residents to help manage health issues within the facility.

The program has also gone a step further and in conjunction with the Guwardi residents is making bush medicine for the people of Fitzroy Crossing. As of this reporting period the program has produced 700 pots of bush medicine and is poised to increase production and education sessions in the coming reporting cycle.

The Dressing Pack Program has also maintained a strong presence across the valley. The idea of the program is to make caring for wounds easier and basic medical supplies more available to the people that need them most. The dressing packs are available free of charge in community through a distribution network that includes: Nindilingarri office, Noonkanbah office, Yakanarra store, Wangkatjungka office and the latest distribution hub Bayulu community store. Altogether the First Aid Program had produced and distributed 3350 “Dressing packs” this reporting period



The above graph note's the total Bush medicine and Dressing packs produced and distributed by the First aid program between 2018 and 2022. In the preceding three years to this reporting period, you can note the Bush medicine program has seen an average increase of 42% year on year. The program was expected to equal this increase during this reporting cycle but was unable to gather enough plant material to match the previous year's totals.

As depicted by the above graph, the Dressing Pack Program has seen a steady increase in packs produced and distributed by the First aid program over the past four reporting cycles. The first aid program projected to have an increase of around 15% for the 2021-2022 reporting period, but due to Covid was not able to source all supplies needed to produce enough kits to see this increase achieved. As such the program saw a slight increase of 1.5% showing a plateauing with previous years numbers. It is projected the dressing pack program will see an increase of 15% over the coming reporting period 2022-2023.



Session- CPR

Where- Fitzroy Valley District High School

Who- Senior students



Session- Balloon volley ball / Physical activity

Where- Fitzroy Crossing CHSP facility



Session- Wound management / Broken bones

Where- Fitzroy Valley District High School

Who- Bush rangers group



Session- Snake bite first aid (school holiday program)

Where- Yakanarra community hall

Who- Parents and children



Session- Bush medicine production

Where- Guwardi Nadu Aged care Facility

Who- Residents of Guwardi



# Healthy Lifestyles

After a delay in program delivery earlier in the year due to the COVID-19 response, the Healthy Lifestyles program has established itself through the delivery of the ROCI program, undergoing community surveys throughout the entire valley to find out what the community wants from the program, and assisting clients one-on-one with smoking cessation support.

The Reducing Our Chronic Illness (ROCI) Program has been a big hit with schools and community groups this year. Working with the Nutrition and Bush Medicine programs, we were able to complete ROCI at Djugerari school, Yakanarra school, Wangkatjunga school and community, with plans set out for term 4 in Muludja school, Yiyili high school, Bayulu women's group, and Yungngora women's group. We took some learnings from each school and age group to further scale the program to include more topics, as well as alter the existing topics to suit the audience.





A huge project that's been going on for the second half of the year is the undertaking of community surveys to determine the smoking rates throughout the valley, what gaps there are in service delivery, and what the community wants out of the program. This has been an enlightening task as we have been able to step into every community, find out what is missing, and how to go about filling that gap. One of the major findings thus far is the lack of awareness that the service is available. At the time of this report, only 30 out of 94 people asked (32%) were aware of any services being available for smoking cessation. This is one of the items to be addressed moving forward to ensure that the communities throughout the valley know there is support available. So far out of the 8 communities surveyed, the smoking rate is sitting at 49% (196/400 population), and it will be interesting to see what happens to this rate as more communities are completed. All survey results are anonymous.

One of the key things that the surveys will inform is a school- and community-based program, running for 4-6 weeks, focusing on different aspects of smoking and health impacts. The school-based program will be preventative, focusing on reducing the risk of school-aged kids from taking it up later in life, whilst the community program will be focused on behaviour change and provide education on chronic impacts and quit options to get them to start thinking about making a change. Watch this space as this program comes together in 2023!

One of the key things focused on throughout 2022 was individual support for those ready to make a quit attempt. The program is proud to have supported 20 individual clients throughout the second half the of year, and all clients are making progress in one way or another. This could be as simple as reducing the number of cigarettes they are having per day, up to quitting for good. The use of NRTs and behavioural therapy has been key in helping clients make their quit attempts. Many clients were found through the community surveys, where knocking on their doors and having a chat has fostered a referral and awareness that there is support available. Strengthening the referral pathway between the hospital, community clinics, and RFDS will be another focus for the year to come.



artwork done by a client to help her quit the smokes

The remainder of the year will be focused on completing as many community surveys as possible, continuing with the ROCI program as planned in schools and community groups, continuing with the individual support for clients making a quit attempt, and shaping how the program will run in 2023 based on learnings from this year.

# Nutrition

The Nutrition Program supports people living in the Fitzroy Valley to improve health and wellbeing through building nutritional knowledge, increasing healthy eating habits, and creating healthier food environments. After 3 years in the role, Alice moved back home to Queensland in December 2021 and new Nutrition Program Officer Emily started in March 2022, nearing the end of the wet season. After the easing of COVID-19 restrictions, Emily spent time in the role getting to know residents of the Valley and working in various communities delivering nutrition education sessions and cooking workshops.

Throughout the year, Emily has run nutrition education and cooking sessions with students from Djugerari, Yiramalay, Wangkatjunga, Yakanarra, and Bayulu schools. These sessions focused on the importance of eating a variety of nutritious food to keep energy levels balanced, and choosing foods to feel good, inside and out. Emily enjoyed joining in on the weekly after-school youth program in Fitzroy Crossing, getting to know the children, and preparing healthy delicious snacks including fruit and nut mix, cheese and crackers, and rainbow fruit skewers. NAIDOC week celebrations were a lot of fun and Emily facilitated nutrition workshops at both Djugerari and Bayulu schools where the children loved making healthy energy balls and biscuit decorating.



Adult nutrition sessions in 2022 have included regular healthy lunch cook ups with the women at Marninwarntikura Art Studio and Shelter, with discussions around the importance of adding extra vegetables, beans, and legumes into favourite dishes to increase nutrient diversity and optimise health. Meanwhile, Emily enjoyed getting to know the ladies at the school homemakers of Yungngora and Yakanarra while doing some general nutrition education and menu planning for the schools.

The Nutrition Program also joined Meg (Maternal Health) for health sessions in Yungngnora where the women and children made hummus from scratch. Following consultation with Bayulu community, Emily recently established a nutrition skill building workshop - Bayulu Family Health Group. The sessions for this group include a healthy cook up with food available from the store, and support to maintain a balanced diet, increase fruit and vegetable intake, and reduce sugar and salt consumption for improved health.

Following some staff changes last year, the Chronic Illness team reformed in 2022 with some new faces. Ben (First Aid), Bre (Healthy Lifestyles), and Emily collaborated to continue the ROCI (Reducing Our Chronic Illness) program for schools and adults in the Fitzroy Valley. The program focuses on education around the relationship between lifestyle behaviours and chronic illnesses, supporting people to make positive behavioural changes for improved overall health. The team spent time at Djugerari, Yakanarra, and Wangkatjunga schools discussing how to stay healthy and strong with topics of the heart, kidneys, diabetes, healthy eating, and smoking, while also promoting an active lifestyle.



The students loved consolidating their learning with a fun game at the end of each session relating to each topic. The ROCI team also spent several months delivering sessions to the women in Wangkatjunga coupling the women's art skills with chronic disease health education. Each session covered one important health topic, followed by cooking and group painting, and the final canvas artwork will be displayed in the community as a reminder of how people can stay strong and healthy.

Emily has spent time in Yiyili community over the past six months doing some healthy taste testing at the store and has worked with Wangkatjunga, Yungngora, and Yakanarra stores doing some nutrition health promotion. The focus has been on increasing fruit and vegetable sales and reducing sugar sales in the stores to help improve the overall health of those living in each community. Throughout the year, the IGA in town have also kindly donated unsold food each week, which Emily has distributed within the community to help address food insecurity.

Emily is looking forward to the year ahead by supporting those living in the Fitzroy Valley to improve their health and wellbeing through increased food knowledge and enjoyment.



# Spiritual Health



The Spiritual Health Program (SHP) has maintained a holistic and practical approach to social, emotional, and spiritual health promotion in the Fitzroy Valley throughout 2022. In several settings across the Fitzroy Valley, the Spiritual Health Program hosts many individual and group sessions and continues to educate and promote the importance of social and emotional wellbeing (SEWB) as well as connection to Country and the correlation between a healthy lifestyle, a positive outlook and improved spiritual health.

With COVID-19 restrictions and staffing changeover the Spiritual Health Promotion Program had a slow start to the year. Increasing with momentum, the team has been busy helping to coordinate the music/entertainment for FASD Day March 2022 and Skutta Blokes Day, KALAC/Yiriman cultural camps, running music therapy groups, building relationships with organisations and communities around the valley, and delivering a community focused radio show on Wangki Radio once a week.

These programs run in conjunction with a fully functioning recording studio that is open to community to either book or walk-ins for recording and practice sessions.

SEWB music sessions and performance groups have been highly effective over the last six months in helping to teach and promote clients to engage in healthy behaviours while reflecting on self and engaging in further discussion with the SHP.

Utilising the studio at Nindilingari, the SHP has and continues to record and important public health messages and COVID-19 information for the local radio and internet site, as well as instructional videos like "How to do a RAT Test".

[https://www.youtube.com/watchv=IP5kYhRWd64&ab\\_channel=NindilingarriCulturalHealth](https://www.youtube.com/watchv=IP5kYhRWd64&ab_channel=NindilingarriCulturalHealth).

As COVID 19 spread through the community, there has been an increased urgency to get everyone in the Fitzroy Valley vaccinated. With the lack of clinical staff, the SHP helped where possible to pack, deliver and promote emergency items to families throughout the Valley.

The SHP creates a weekly radio show; “The Nindilingarri Spiritual Health Show”, promoting healthy lifestyles and talking about key issues throughout the Fitzroy Valley. In addition to discussing important messages, this radio show also acts as a platform to play music recorded in the SHP and showcase the local talent as well as the services available at Nindilingarri. This show airs weekly on Mondays, from 3-4pm.

The SHP has been working alongside a local elder and his daughter, to record a series of songs written in language, to archive the music before being lost. Something he has been wanting to do for years. This has not only been an extremely healing and enjoyable process for both the father and daughter but also plays an important part in documenting and helping people who listen to the music feel connected to country and culture. These songs are also used in language classes at schools around the Fitzroy Valley.

SHP has recently worked alongside other community organizations, as well as other Nindilingarri programs to provide sound/stage and band equipment for local artists to provide entertainment at community events. These events include Skutta Blokes day, FASD day, Mental Health Week and other smaller community events.



The SHP started work on creating a prison outreach program in collaboration with Derby Prison where inmates who are coming to the end of their sentence can be referred to The Nindilingarri Spiritual Health Program when returning to Fitzroy and transitioning back to a life outside of incarceration.

This program has the potential to be effective in helping to maintain an aspect of continuity for inmates who are transitioning by helping to form new healthy habits and providing opportunities and support to improve old habits. The program will also assist participants to maintain a healthy lifestyle and encourage people to stay away from anti-social behaviours and substances such as alcohol and drugs. The SHP has already been working with two young men who have recently returned to FX from prison. One of which has come into the studio three times now and has lots of potential to grow and expand his music career. He is showing real maturity in his outlook on life and motivation to reach recently set goals. In addition, the SHP is encouraging him to collaborate with other local musicians who may be good role models for him.

With workshops and music groups to promote social and emotional wellbeing and spiritual health, the SHP continues to provide support, encouragement, and space to the people of the Fitzroy Valley to enable them to take control of all aspects of their health to improve their overall wellbeing.



# Women's Sexual Health

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The Women's Sexual Health Promotion team addressed the Key Health Need of "Access to Education" through the provision of Educational and Informational sessions such as Mooditj sessions in schools and The Skudda Girls Program.

The Mooditj program assists health promotion staff in educating young people aged 10-16 years on life skills including navigating relationships, and gaining a health-based understanding of puberty and sexual health. Through the Mooditj program we educate on and encourage safe and positive sexual health practices, including discussions of topics such as STI's and Contraception, which also works towards our Identified Key Health Need of focused work around Sexually Transmitted Infections.

The Skudda Girls program is an after-school program run by Nindilingarri aiming to engage with young women aged 10-16 years outside of a school setting and also allows other NCHS Health Promotion staff to engage and build rapport with the young women. The sessions focus on activities around physical health, or on social-emotional wellbeing, and this also provides a safe space for young women to ask opportunistic questions, or have discussions about sexual health or relationships that they may feel uncomfortable speaking about in a school setting. This allows us to provide education, and have discussions around sexually transmitted infections in a more casual setting, encouraging more open and honest discussions.

Especially in the past year, several challenges emerged for the Women's Sexual Health Promotion team, which impacted on delivery of services.

At the beginning of the reporting period, the Men's Health Promotion role became vacant and remained vacant throughout the reporting period. As sexual health promotion activities are conducted concurrently with men and women split into separate groups in order to maintain a culturally appropriate service delivery – specifically in school-based Mooditj sessions – the result of this was a lower number of sessions delivered than previous reporting periods.

To address this issue, male workers from other health promotion areas were asked to assist where possible by running the male sessions so that a limited number of school sessions could be delivered.

# Environmental Health

The EH team travelled to all communities across the valley and distributed COVID resources to all households. There were times where we had to travel back to the communities more than once.

The Environmental team delivered essential items to 35 communities, these included Home Covid Kits, masks, Rapid Antigen Tests along with other necessary items. We also handed out Information Flyers and Emergency help line contact phone numbers.

At the direction of Maureen our CEO, COVID 19 became a priority during the March through to July outbreaks. Initiated by CEOs directive there was an enormous effort made to educate, advise, and encourage everyone in the Fitzroy Valley service area to get themselves vaccinated and protected.

Alongside Maureen, the NCHS EH team were officially engaged as an essential service team to travel to all communities across the Fitzroy Valley. We all received our required COVID Vaccinations and three members of the team had received their third booster shots.



NCHS as an organisation led and advised the Town based COVID vaccination clinic nursing staff, that the number of vaccinations overall at the end of 2021 was still not at a satisfactory or adequate level. Vaccination rates soon improved.

COVID 19 Pfizer vaccinations were provided at the town-based clinic, including Jab-a-thons staged at the IGA Supermarket. There were also Vaccinations provided to communities from Yungngora Community across to Wangkatjungka Community.

A concerted effort as guided by the NCHS CEO was made to ensure that, we kept all communities informed and connected on a constant basis.

**COVID TESTING** - This involved leading and assisting WACHS COVID testing teams responding to COVID cases across the valley as they occurred and preventing further spread.



On the 3rd of March WA borders were officially open to interstate travel, most communities had their gates closed and required prior contact before any visitations by services. Face masks were now available for distribution in the valley.

Communities were provided with contact details to be able to directly contact the NCHS office if they required prescribed medications, COVID KIT items/ resources, advice or assistance. Facebook was also used to get current and correct information to communities across the valley, including ongoing local COVID stats.

An arrangement with the local Pharmacy was made by the NCHS CEO for the Fitzroy pharmacy to contribute items that would make up a local NCHS COVID Kit.

Commencing on the 29th of March – 5th May 2022 the NCHS EH Team, communicated and arranged all visitations with the community chairpersons. With permission to enter, we then led, and guided the WACHS and Nirrumbuk EH Team COVID testing teams, to carry out all COVID testing in 17 communities including the township.

A total of 202 Households were tested, a total of 616 people were RATs tested, including 66 PCR Test. A total of 82 people in total tested positive for COVID.



Department of Premier & Cabinet funded COVID support to Gilly Sharpe Block and funding was eventually provided by DPC for Watertorque from Broome to carry out water testing of the bore. The EH team travelled out to Gilly Sharpe on Thursday 22 July with Watertorque. Testing confirmed that the water quality was safe to drink.

On Wednesday 25th & 26th of August Trachoma Education sessions were provided by the EH Team to the two targeted schools that required screening. Yiyili Remote Community School and Yungngora Community School.

We then accompanied the Regional Eye Health Co-ordinator Pepi Hunter, Nurse Jules Custodia and three Notre Dame Medical Students to the Screening Sessions. Squeaky Clean Kids Audit re soap supplies, five liquid soap dispensers provided to the principal of the Yiyili Community school.

Twelve Communities, including Bungardi, Buruwa, Darlmgunaya, Joy Springs, Karnparmi, Ngurtawarta, Muludja, Djugerari, Loanbun, Junjuwa Koorabye and Yungngora were provided Cydectin Treatment to all dogs. Total of 203 Dogs treated to date. 731mls of Cydectin used in this period.

On the 26TH & 27TH October Hayden Smith successfully attended a training workshop on "Dog Health Programs in Aboriginal Communities. Note from trainer - *Hayden is an engaging young man who demonstrated quick understanding and application of the knowledge gained. Hayden was a pleasure to work with and I look forward to seeing his progress.*

Housing inspections were completed in a total of 19 communities, a total of 111 individual Healthy Bathroom Checks were also completed, many required immediate follow up.



Bayulu Community Household waste site rehabilitation / Asbestos Clean-up. NCHS EH team have advocated and continuously involved in the process of the risk of asbestos to the health of the community.

Joy Springs Community waste site received an upgrade in this reporting period. Mimbi Community waste site was full.

The EH program have been continuously monitoring and supporting Kadjina Community with its water quality issues for the last four years.

There are continuing water quality issues with the new bore and water quality as there has been continuous failure in the water quality tests carried out each month and overflowing and requires an upgrade, this has been referred to KRSP / MUNs.

The Flu Vaccination drives, were again supported by the NCHS EH team to ensure that people were vaccinated. The COVID Vaccination clinic nurses were charged with the responsibility of administering the flu vaccinations this year, we also took the opportunity to provide COVID vaccinations at the same time. Community Health nurses focused on vaccinating six months to five-year-old children.

I would like to thank the entire Environmental Health Team for all their hard work they have put in. We are excited to see what the next year has to offer and will keep up our hard work to support the Fitzroy Valley and our communities as best as possible.



# Commonwealth Home

## Support Programme

This year NCHS has welcomed several new staff to the Commonwealth Home Support Program. We would like to introduce Taylor Hunt as the new Assistant Coordinator and Richelle Vanbee & Louise Dededar as new support workers. We also said farewell to the previous CHSP Coordinator, Ryan Hickford. For his work we thank him and wish him well in future endeavors.

This year has offered some unique challenges with the arrival of COVID-19 in the Fitzroy Valley however we are pleased to report that in the face of these health concerns and restrictions the Commonwealth Home Support Program (CHSP) has successfully adapted and continues to provide a high level of support to our most vulnerable community members.

This year we have been able to expand our client base and while we currently service 48 clients we still hope to grow that number. We pride ourselves on helping our clients maintain their independent lifestyles and want to ensure that everyone has access to the services they need. Clients enrolled in the program can enjoy a range of services including meal delivery, domestic assistance including washing and shopping, and regular social gatherings which feature a range of fun activities and all the support needed to help clients live a healthy lifestyle. For the majority of this year we have unfortunately had to suspend group gatherings due to COVID concerns so have instead placed our focus on educating and assisting clients with their health and vaccinations. With the suspension of our group gatherings, we were however able to completely renovate our building which now boasts all new equipment, bathrooms and a large enclosed patio.

With the social group part of the program being recently recommenced, clients can now enjoy our crafting sessions which range from colouring and painting to jewellery making. Once a week we also get clients involved with an exercise class where we teach safe and easy movements through fun activities and games. This year we have also established an in-house library for our clients, comprised of assorted DVDs, CDs and books which were kindly donated to the program.

In conjunction with other NCHS programs we also run music sessions, nutrition classes and activities where clients may help make different balms and lotions using natural ingredients. Music sessions, run by Jarrod in Spiritual Health, are a favourite of the clients as they may choose songs and get involved by singing along or even playing an instrument. Cooking classes, run by Emily in Nutrition, focus on maintaining a well-balanced diet by teaching clients how to make easy, healthy meals and snacks. Teaching clients how to make lotions and balms is a new activity for our clients. Run by Ben in First Aid, these sessions will combine aspects of bush medicine and modern first aid.

CHSP would also usually host a range of seasonally themed activities through the year. Due to group restrictions we have not been able to do this but everyone is looking forward to this year's Christmas Party. Last year the clients spent several weeks in the lead up crafting their own decorations to use around the Centre and of course take home to decorate their own houses. With help from other programs, we were able to host a huge Christmas Party with a range of food, music and activities and even included some of the residents from Guwardi. Having ended last year on such a high we look forward to replicating that for everyone this year.





Hi Kato  
Thanks for the opportunity to visit Moongardie Community today to do medical wellbeing checks on the COVID positive people in the community.  
There needs to be a huge amount of kudos sent to Maureen and the Nindilingarri organisation. Nindi is really well regarded by the community, and the community is very appreciative of the attentiveness and support of the Nindi staff.  
The whole community is feeling really well cared for and cared about, and they are doing an amazing job of self-care.  
Maureen did a fantastic job of ensuring Alison Cox was aware that we were coming and Alison was very welcoming. Thank you Maureen – that was really important.  
The community is highly vaccinated, they are wearing masks, sticking to their homes and maintaining physical distancing in their homes.  
No-one is sick – mostly very mild symptoms – feeling a bit tired, runny nose and cough but no fevers or other red flags.  
I'll do a case summary in a separate email, but I think it is really important to acknowledge the amazing work done by the Nindilingarri organisation in supporting this community.  
Kind regards  
Marg

Thank you for this update Maureen, it is so important for families to know that this support network and measures is in place and that the residents are being protected.  
Well done to you all.  
June

Hi All,

As you all know, the Covid-19 virus is now in the Kimberley at Bidyadanga Community which is in the Broome area. There was a basketball carnival there on the weekend and someone attending might have been Covid positive and that may now have spread to multiple cases in the community. Through your networks, if someone you know attended the basketball carnival or has been in Broome, they should be encouraged to get tested for Covid at the Hospital/Clinic. Rapid Antigen Tests (20 minutes) are available at the Pharmacy at cost of \$ 14.50 or if you want to buy in bulk for your organisation, please talk to the Pharmacy direct on 91915308. If the person tests positive, they need to follow a doctor's advice and isolate for 7 days. They need to test NEGATIVE before leaving ISOLATION. (PLEASE SEE INFORMATION ATTACHED).

It is now mandatory to wear masks in all indoor public settings. Anyone going to NCHS or the Hospital has to show proof of vaccinations.  
All organisations should now activate their Covid-19 plans (developed in 2020) and ensure you have enough masks, hand sanitisers, rat tests for staff (please see information below), Covid-19 car kits (i.e. face masks, gloves, Anti-Bacterial wipes, Hand Sanitiser, Disinfect Spray (Glen 20), Tissues, Garbage Bags). Use to disinfect car on entry, after carrying passengers and getting back in the car).

NCHS, as of today, has reduced some CHSP services to limit clients social interactions to help reduce potential spread of Covid-19 among the vulnerable elders. Services will still be delivered where appropriate. For example, breakfasts normally provided during centre based day care, will now instead be delivered to the clients homes. Clients/carers/family can contact Ryan (CHSP Coordinator) on 91930079 or Michael on 91930093 to request services such as laundry pick up, help with shopping or transports to collect medication.

The Covid-19 clinic based at NCHS is open Monday-Friday 8am-4pm. Vaccination certificates can be printed from NCHS or the clinic. Please have your Medicare number available to be able to make this process as smooth as possible.

Medibank Calvary are the first responders to monitor Covid-19 positive individuals in remote communities.

Thanks Maureen!  
This is great.  
Our kids are becoming experts at this but can always use a tune up.  
We've all been RAT testing every morning since last Monday.

Thanks again for your kind support.

Matt

Thank you for these updates Maureen.  
When there is so much information (misinformation) out there, I find your updates are the best source of reliable information.

It is appreciated.

Todd

Todd Flanagan

## 24/7 PHONE SUPPORT NUMBERS

You can call these numbers if you're feeling worried and want to talk to someone.

**LIFELINE - 13 11 14**

**CRISES SUPPORT FOR ANYONE.**

**FREE FROM**

**MOBILES**

**KIDS HELPLINE - 1800 55 1800**

**COUNSELLING FOR YOUNG PEOPLE AGED 5 - 25.**

**FREE FROM**

**MOBILES**

**MENSLINE AUSTRALIA - 1300 78 99 78**

**SUPPORT FOR MEN.**

**SUICIDE CALLBACK SERVICE - 1300 659 467**

**FOR ANYONE WORRIED OR AFFECTED BY SUICIDE.**

**1800 RESPECT - 1800 737 732**

**CONFIDENTIAL SUPPORT FOR PEOPLE AFFECTED BY SEXUAL,  
FAMILY OR DOMESTIC VIOLENCE.**

**COVID-19 HOTLINE - 13 268 43**

**SUPPORT ABOUT COVID-19**

## LOCAL NUMBERS

**NINDILINGARRI CHS - 9193 0093**

**POLICE - 9163 9555**

**COMMUNITY HEALTH - 91661727**

**MENTAL HEALTH - 9166 1700**



# MANAGING COVID-19

## IN YOUR HOUSE



**KEEP SAFE**

**STOP THE SPREAD**

© NCHS 2022



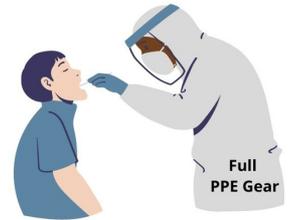
## GETTING READY FOR A COVID-19 TEST

**IF YOU HAVE ANY FLU - LIKE SYMPTOMS GET TESTED TODAY!**

1. Go to the hospital or **Call the Hospital** on 9166 1777 and tell them you have COVID-19 symptoms



2. At the hospital you will be given a mask to wear and a nurse in full PPE will take the test.



3. Stay home from work, school and family until you get your test back (keep wearing your mask).



If you have any questions call Nindilingarri on 9193 0093



## Masks help stop the spread of coronavirus.

### How to put on a mask



1 Wash hands with soap and water or sanitiser



2 Put on mask, blue side facing out, so it covers your nose and mouth. Pinch across nose to make it fit properly

### How to take off a mask

Single-use masks should be changed every 2-4 hours



1 Wash hands with soap and water or sanitiser



2 Take it off by using the ear loops ONLY. Don't touch the front of the mask



3 Put it in the bin

If you have any questions call Nindilingarri on 9193 0093

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## HOME COVID-READY KIT

COVID-19 is in Western Australia. This kit will help you prepare to manage your symptoms at home in isolation.

- Mask, hand sanitiser, soap and gloves.
- A thermometer.
- Adult panadol and Children's panadol.
- Your own medications.
- A plan, who can look after your kids, pets or old people if you go to hospital.
- A plan for how you'll get food for two weeks.
- Phone numbers for people who you can call for help.
- Make sure your power is topped up.
- Water or hydralyte.
- If you have a baby, who will get kimbies, milk, baby formula and children's panadol.
- Pick a family member to talk for you.



**You should only go to hospital if your symptoms get worse**

- Hard breathing when walking around the house or talking.
- Cold or flu-like symptoms.
- Coughing up blood.
- Feeling weak and cannot stand up.
- Feel hot/ headache

### Emergency Phone numbers

Hospital - 9166 1777  
 COVID-19 Hotline - 13 268 43  
 Police - 9163 9555  
 Mental health - 9166 1700  
 Community Health - 9166 1727

If you have any questions call Nindilingarri on 9193 0093

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## COVID-Ready Kit

If you get sick from **COVID-19** and get sent home to **ISOLATE**, these are some Medicines you will need at home.



Hydralyte



Panadol



Children's Panadol



Cough Medicine



Thermometer



Vicks Vaporub



Face Mask



Hand Sanitiser



Gloves

If you have any questions call Nindilingarri on 9193 0093

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# KEEP SAFE STOP THE SPREAD OF COVID-19



If you have any questions call Nindilingarri on  
9193 0093



## HAND WASHING

Wash hands for at least 20 seconds or the time it takes to sing "Happy Birthday"



1 Wet hands with water



2 Apply soap and rub hands together



3 Rub the back of hands and between fingers



4 Scrub nails and fingers between palms



5 Rinse hands with water



6 Dry hands with clean towel

Remember to wash your hands before eating and cooking and after going to the toilet

If you have any questions call Nindilingarri on 9193 0093

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## Mandatory contact register

As of 5 December 2020, it is mandatory for particular businesses and venues to collect contact details of patrons. Keeping a contact register will help the Department of Health with COVID-19 contact tracing. Do your part, keep WA safe.

Business name: **Nindilingarri Cultural Health Service - Offices**  
Address: 52 Fallon Road, Fitzroy Crossing, 6765

Date:                      Arrival time:                      Name:                      Contact number:

**Important:** It is the responsibility of the business owner to ensure contact details provided by patrons are stored in a secure and confidential location and kept for at least 28 days. Businesses are not permitted to use contact details for purposes other than supplying to the Department of Health for COVID-19 contact tracing, unless otherwise permitted by law. For more information visit [wa.gov.au](http://wa.gov.au)

[WA.gov.au](http://WA.gov.au)

Download the SafeWA app — the quick, secure and contactless alternative to paper-based contact registers.



# Information that was sent out to communities

 **NINDILINGARRI**  
CULTURAL HEALTH SERVICES

P.O. Box 59, Fitzroy Crossing, WA 6765  
Phone: (08) 9193 0093 Fax: (08) 9193 0094  
Email: admin@nindilingarri.org.au

 ISO 9001  
Quality Management  
FR 580303

**COVID-19 UPDATE**  
Thursday 07/04/2022 4:30pm

**Fitzroy Crossing**

- **220 Current active cases**
- All cases are now isolating
- Nindilingarri CHS are delivering RAT tests to all communities as fast as they can.
- Community spread is now happening within the Fitzroy Valley.

**Guwardi Ngadu Frail Aged Care (Juniper)**

- **1 x case isolating.**
- All residents have been RAT tested and are all **negative**.

Guwardi Ngadu Frail Aged Facility (Juniper) and Manager - Belinda Storer have systems in place and support to manage staff and residents during any future Covid-19 cases.

**Schools in the Fitzroy Valley**

- All schools remain open until the end of term (this week).
- We ask that you monitor your child/yourself for symptoms. If your child develops symptoms, please do not send them to school. Please get them tested.
- Please continue to notify the school in the case of a positive test immediately.
- Please note that the Omicron Strain can present with less typical symptoms such as diarrhea, particularly in children

**Please call Nindilingarri for help to register your positive RAT. If you have not reported your RAT to the Health department, they are unable to give any help.**

Getting vaccinated, staying long way, washing your hands, and wearing a facemask are ways to keep yourself, your family and community safe.

**If you're experiencing any COVID-19 symptoms, please go to the hospital and get tested.**

Remember **2 shots, plus the Booster** (16+ can now get the **Booster**) is the best protection. Children 5+ can now get vaccinated.

**IF YOU TEST POSITIVE FOR COVID, YOU MUST ISOLATE FOR 7 DAYS.**

We have the support from KAMS, Commonwealth Departments, State Health Departments, Local Aboriginal Organisations, West Kimberley Shire and Police, Fitzroy Valley isn't dealing with this alone.

Nindilingarri Cultural Health Services advises everyone in the Fitzroy Valley that there are increasing cases in Kimberley and not to travel unless you need to, like medical appointments etc.

  
Maureen Carter CEO

**NINDILINGARRI CULTURAL HEALTH SERVICES**  
**FITZROY VALLEY UPDATE**  
**11/04/2022 @ 4.30pm**

**295 x Current Cases.**

With the increase of community spread the numbers will increase over the weekend. Stay long ways and wear your mask.



Fitzroy Crossing, Ngurtawarta, Pullout Springs, Gillarong, Yakanarra, Moongardie, Noonkanbah, Bayulu, Koorabye, Junjuwa, Muludja, Djugerari, Galeru Gorge, Wangkatjunka, Loanbun, Darlgunaya, Joy Springs, Mindi Rardi, Kurnangki, Bungardi, Ngalingkadji, Buruwa, Mimbi

Best protection is to get vaccinated, 2 shots plus the booster, children 5+ can also get vaccinated. This will help protect yourself, your family and community.

It is a legal requirement for COVID-19 positive cases to isolate. If you break the rules of isolation, police can issue you with a \$1000 on the spot fine.

 If you have any questions call Nindilingarri on 9193 0093

## Pulse Oximeter Video

<https://www.youtube.com/watch?v=z2UWsDKDalw>

## How to do a RAT test

<https://www.youtube.com/watch?v=IP5kYhRWd64>

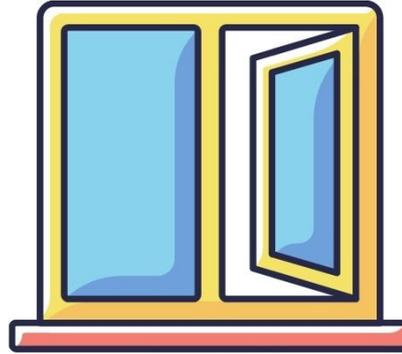


## *New Entry into the Hospital*

On Monday 21st February, Fitzroy Crossing Hospital will have a new entry process.



WINDOW 1



WINDOW 2

Please see **SECURITY**, they will

- Give you a **MASK**.
- Get you to wash you hands with **SANITISER**.
- Direct you to WINDOW 1 for **SCREENING**.

Person at WINDOW 1

- Ask you questions regarding travel, if you have cold sick etc.
- Ask to see your **Vaccination Certificate**.
- If **visiting a patient**, have **GP appointment** or getting your **MEDICINE** you will be given a **GREEN CARD** and directed into the hospital.
- Send you to WINDOW 2 for triage.

Person at WINDOW 2

- After Triage you will given a coloured card **GREEN, AMBER OR RED**.
- **GREEN CARDS** will enter the hospital through the **FRONT DOORS**.
- **AMBER AND RED CARDS** will be directed around the back of the hospital via highlighted path. These are people with **Respiratory problems - hard breathing, sore chest**.



# Certificate of Registration

QUALITY MANAGEMENT SYSTEM - ISO 9001:2015

This is to certify that:

Nindilingarri Cultural Health Services  
52 Fallon Road  
Fitzroy Crossing WA 6765

Holds Certificate Number:

**FS 560303**

and operates a Quality Management System which complies with the requirements of ISO 9001:2015 for the following scope:

Provision of culturally appropriate, holistic health promotion, disease prevention and community services.

Previous Certificate expires on 2022-07-13  
Recertification audit ended 2022-07-07

For and on behalf of BSI:

Michael Lam - Managing Director Assurance, APAC

Original Registration Date: 2010-07-13

Effective Date: 2022-07-16

Latest Revision Date: 2022-07-19

Expiry Date: 2025-07-13

Page: 1 of 1



...making excellence a habit.™

This certificate was issued electronically and remains the property of BSI Group ANZ Pty Limited, ACN 078 659 211 and is bound by the conditions of contract. This certificate can be verified at [www.bsi-global.com/clientdirectory](http://www.bsi-global.com/clientdirectory). Printed copies can be validated at [www.bsi-global.com/ClientDirectory](http://www.bsi-global.com/ClientDirectory). Further clarifications regarding the scope of this certificate and the applicability of ISO 9001:2015 requirements may be obtained by consulting the organization. This certificate is valid only if provided original copies are in complete set.

Information and Contact: BSI, Kitemark Court, Davy Avenue, Knowlhill, Milton Keynes MK5 8PP. Tel: + 44 345 080 9000  
BSI Assurance UK Limited, registered in England under number 7805321 at 389 Chiswick High Road, London W4 4AL, UK.  
Information and Contact: BSI Group ANZ Pty Limited, ACN 078 659 211: Suite 1, Level 1, 54 Waterloo Road, Macquarie Park, NSW 2113  
A Member of the BSI Group of Companies.



