

NINDI NEWS

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FIRST AID

It was a late start to the year for the First Aid and Skin Health Program, but we are now well and truly underway and looking forward to a strong and active year ahead.

Across the Fitzroy Valley and surrounding communities, the program has been busy delivering health promotion sessions focused on skin health and basic wound management. These sessions highlight how simple daily practices, such as cleaning and covering sores, keeping skin healthy, and seeking early treatment, can make a big difference. Looking after your skin is more than just comfort, it plays an important role in preventing infections and improving your overall health and wellbeing.

We have also seen a rise in Diphtheria cases across the Kimberley, including in the Fitzroy Valley. In response, the program has spent considerable time developing resources, running information sessions, and having one-on-one yarns with community members. These conversations are helping people understand why Diphtheria is a serious health issue, not just for individuals but for the whole community.

There is a vaccination available to protect against Diphtheria, and many people may already have some protection as it is included in the tetanus vaccine. We encourage everyone to visit their local clinic or hospital to check if they are up to date with their vaccinations. Staying protected is one of the best ways we can all help keep our community safe.





DIPHTHERIA

A SERIOUS SICKNESS



Diphtheria has come back into Northern Australia, and there are cases in the **KIMBERLEY**.

Diphtheria is a serious sickness caused by germs.

It can make people very sick and can cause death.



THERE ARE TWO MAIN TYPES:

1. THROAT DIPHTHERIA



- Starts like a cold
- Sore throat and fever
- Grey coating in the throat or nose
- Can make it hard to breathe or swallow

2. SKIN DIPHTHERIA



- Gets into cuts, sores, or wounds
- Makes deep sores that do not heal
- Often on the legs

HOW DOES DIPHTHERIA SPREAD?



- From coughing or sneezing



- From touching infected sores



- From dirty bandages or other dirty things touching sores.

GO STRAIGHT AWAY IF YOU HAVE:



- Bad sore throat + fever



- Trouble breathing or swallowing



- Skin sores that are not healing



- Doctors need to take a swab to check for diphtheria.

HOW TO FIX DIPHTHERIA



- Special medicine to stop the poison



- Some people need to stay in hospital



- Clean skin sores every day and cover them with a clean bandage.

IF YOU HAVE DIPHTHERIA:

Stay away from others until you are better.



HOW CAN WE STOP DIPHTHERIA?

1. GET VACCINATED



- Ask your clinic if your DTP or dTpa needle is up to date.

2. KEEP CLEAN



- Cover coughs and sneezes, bin tissues, and wash hands with soap and water.

3. LOOK AFTER SKIN



- Keep cuts and sores clean and cover them with clean bandages.

4. IF YOU FEEL SICK – SEE THE DR OR CLINIC.



GET CHECKED. GET TREATED. STAY SAFE.

With flu season now upon us, we are also promoting the annual flu shot. Getting vaccinated can help reduce the spread of influenza and protect those most vulnerable, including young children, Elders, and people with existing health conditions.

The Healthy Skin Program is once again running in local schools, including Wangkatjunga, Bayulu, Muludja, and Kulkarriya. We are excited to continue this important work with students and school communities. We are also exploring ways to expand the program further, so stay tuned for updates.

If you are a parent or caregiver of a child attending one of these schools and have not yet signed a consent form, please contact Ben at Nindilingarri or speak with your child's teacher, who can help you complete the process.



The program has also been involved in on-country trips, which have proven to be an excellent way to run health promotion sessions in a setting that encourages honest and meaningful discussions. These culturally appropriate approaches go a long way toward improving health outcomes and building trust within the community.

Finally, the Heart of Australia bus will be returning to Fitzroy Crossing from June 15th to 17th. This is a great opportunity to access specialist services locally. Speak with your doctor or healthcare worker about lung cancer screening and whether it is right for you.

We look forward to continuing to work together to keep our communities healthy and strong.

**Lung cancer screening is coming to
Fitzroy Crossing!**



**JUNE
15-17**



Talk to your doctor or health worker about
lung cancer screening on the
Heart of Australia truck

Find us parked outside
Nindilingarri Cultural Health Service

ACCEPTING REFERRALS NOW
See your GP for more information or
contact Heart of Australia:
P: 07 3162 5310 E: reception@heartofaustralia.com



Heart of Australia is the official provider for the
Australian Government for mobile lung cancer
screening in rural and remote communities



*Ben
Storer*

MUM'S, BUB'S & STRONG FAMILIES

Hello, my name is Lekeira, and I am excited to have recently taken on the role of Health Promotion Officer for Mums, Bubs, and Strong Families. In the past month, I have thoroughly enjoyed engaging with the community, meeting mothers and families, and beginning to establish those vital connections.

One of the highlights was organizing and hosting a Mother's Day celebration at Marnin, in collaboration with Nevada, our NCHS Female Sexual Health Promotion Officer. The event drew a great crowd, and it was heartwarming to see mothers and families come together to share stories and unwind, with mothers and guardians truly feeling appreciated.

The atmosphere was inviting and cozy, radiating a positive energy throughout the day. Community Health staff joined us to provide flu vaccinations and basic health checks, which was convenient as attendees could access these services in a familiar environment.

Additionally, we organized creative activities such as bracelet making and painting, offering everyone a chance to gather and express their artistic side. A raffle was also held, featuring delightful prizes, and it was wonderful to witness the joy on people's faces when their names were announced.

I also had the opportunity to meet with the Midwife and Nutritionist, as well as connect with the Child Health Nurse at WACHS. It was a valuable chance to discuss the current happenings in town and the community, and explore how we can collaborate effectively to support mothers, infants, and families.

I have also participated in outreach work and recently traveled to Yakanarra with Nevada and Leon, the NCHS Male Health Promotion Officer, to distribute hygiene packs. During our visit, I had the opportunity to engage in an insightful conversation with a well-known and respected community member, who provided updates on the well-being of mothers and their babies. This discussion was incredibly valuable, deepening my understanding of the needs of families and how we can further assist them.

Over the coming weeks, I have a number of community visits scheduled, and I eagerly anticipate spending more time with mothers and families. During these engagements, my goal is to gain a deeper understanding of how I can offer meaningful and practical support to both mothers and their little ones in each community. Whether it involves sharing health information, linking families with essential services, or simply being available for a friendly conversation, I aim to ensure that families feel valued and understood.

So far, embracing this role has been incredibly fulfilling. I eagerly anticipate further strengthening relationships and promoting the health and well-being of mothers, babies, and families within our communities.

*Lekeira
Henry*



MEN'S SEXUAL HEALTH

NCHS is delighted to introduce Leon Nehow as our new Male Sexual Health Promotion Officer. After a period of the position being vacant, Leon has quickly become a valued member of our team. He is eager to collaborate with the men and boys in the Fitzroy Valley to promote male sexual health.

One of the key components of our program is the implementation of the Mooditj resilience, relationships, and sexual health initiative for young Aboriginal individuals, both in our schools and within the community. Leon is eagerly anticipating his upcoming Mooditj Leader training at the Sexual Health Quarters in Perth.

Leon has partnered with the Community Health Team (WACHS) and Gurama Yani U Men's Shed to enhance the availability of health services and accessibility for the communities in Fitzroy Crossing Valley. Men's Health Sessions are scheduled for the first Thursday of each month at the Men's Shed. Our inaugural Men's Health Session took place in May, where we successfully screened 16 men.

Leon has continued with the condom replenishment program across several condom tree locations in Fitzroy Crossing Valley, including Bayulu. This initiative aims to raise awareness and ensure the availability of condoms to help minimize the risk of sexually transmitted infections (STIs). Additionally, Leon has supplied the NCHS Studio with condoms for musicians who visit the music studio.



Leon has attended several events since commencing his position including KALACC Men's Camp in April. He was able to hold several sessions with the men and young men and share information about Men's Sexual Health. He also provided 30 hygiene packs with soap, shampoo and condoms for participants. Leon also assisted with Community Health, and they were able to get several men screened. Leon also tried his first goanna on the camp.





NINDILINGARRI

CULTURAL HEALTH SERVICES

Proudly leading our community

MEN'S HEALTH CHECKUP DAY



Strong Men. Strong Families. Strong Community.

You are invited to attend a
Men's Health Check-up Day
at the Men's Shed.



Breakfast BBQ
and tea and coffee.



We want our Kimberley
Men to be Strong & Healthy,
so our women, our kids and
grandkids are strong & healthy.

Working together to keep our community safe.



**THURSDAY
7TH MAY
2025**



9AM – 2PM



**MEN'S SHED
FITZROY**



CROSSING CONTACT: Telephone: (08) 9193 0093



GURAMA YANI U
FITZROY VALLEY MEN'S SHED
For All Men



Government of Western Australia
WA Country Health Service



HEALTH CHECKS



SUPPORT



STRONGER TOGETHER



SAFER COMMUNITY

Every fortnight Leon delivers Mooditj Session at Fitzroy District Valley High School for year 5 to yr 12 males. Providing education session at primary schools in Bayulu, Manjali and Fitzroy Valley covering various topics including growth and development though to puberty and conception with older students.

- 4 x sessions in secondary high school reaching 75 female students aged 12-17 covering topics of puberty, consent and STIs
- 3 x sessions reaching 13 females aged 14-18 covering a range of topic including healthy relationships, consent and STIs)

Looking Ahead Leon is looking forward to achieving the following outcomes:

- Visiting more communities to support Males Health in the Kimberley Region;
- Attend Training and Completing Workshops.
- Meeting more of the males on the region.
- Going on Men's Camp,
- Assisting males as best I can utilise the resources available to me.
- Planning Screening Days for Men.
- Continue with Health Education through pamphlets and face to face education sessions.



*Leon
Nehow*

FEMALE SEXUAL HEALTH

The Female Sexual Health program has had an excellent start to 2026 this year.

Mooditj Program

Nevada and Leon, our Sexual Health Promotion Officers, have initiated the Mooditj Program in health classes across schools in Fitzroy Valley. Students aged 11 to 17 participate in bi-weekly sessions where they explore topics such as identity, self-esteem, emotions, relationships, and puberty. We conduct these sessions in an engaging and interactive manner, ensuring that students feel comfortable and free from shame.



PEPP Talk

In February, I collaborated with Emma Kirkaldy from the Pelvic Pain Foundation to host a session focused on periods, endometriosis, and pelvic pain. Emma traveled all the way from Perth to join me, and she delivered her presentation expertly. The girls felt at ease and engaged in the discussion, asking numerous questions about the topics we covered. Additionally, I prepared hygiene bags for the girls to take home.



Girls Spa Day

Nevada organized a girls' spa day at Nindilingarri, where everyone had a fantastic time creating all-natural lip and body scrubs, as well as face masks. The girls thoroughly enjoyed indulging in self-care with the face masks and our soothing foot spas. They were amazed at how soft and smooth the body scrub left their hands.



Jarlanugurru Yarning Circle

Bianca from KALACC and I teamed up to facilitate a women's cultural healing workshop. Bianca introduced cultural activities, including seed burning and weaving with native grass. Over the course of three days, we hosted the yarning circle, offering breakfast and lunch while engaging in discussions about women's health and wellbeing.

Hygiene Packs

At Nindilingarri, we offer hygiene packs for both men and women, distributing them throughout communities in the valley. Our packs contain essential hygiene items, including: shampoo, conditioner, body wash, deodorant, toothbrush, toothpaste, menstrual products

Since February, I have distributed a total of 209 women's packs this year.



Girls Arts & Crafts

Girls aged 10 to 14 had a awesome time painting at Nindilingarri and KALACC. Nevada served some afternoon tea while inquiring about the activities they wished to see included in my program. The girls produced stunning artwork and enjoyed sharing stories with us.



Mother's Day Event

On the 11th of May Lekeira (Mums & Bubs) and I (Women's Health) Held a Mother's Day event at Marninwarntikura. We had a great turnout with over 30 women attending. We provided morning tea and lunch and ran some activities such as jewelry making, foot spas and painting.

The Community Health team did 14 health checks and 18 Influenza vaccines while getting women to fill in surveys about their experiences with the hospital and community health. We organised prizes to be won (1st, 2nd and 3rd) for women who have completed the survey or a health check. I distributed over 30 women's packs during this event.



*Nevada
Croft*

ALCOHOL AND OTHER DRUGS

The Valley experienced a lengthy wet season this year, making it more challenging for us to connect with certain communities. We would like to express our gratitude to Louis, our Social Worker, for his dedicated efforts during his time with us. Congratulations on becoming a new dad! Additionally, we are pleased to announce that Jarrah Phillips will be joining NCHS as our new AOD Social Worker starting in July 2026.

Section 152/175

Over the past six months, the AOD team has facilitated the implementation and maintenance of four new Section 152 liquor restriction houses throughout the Fitzroy Valley. Currently, we are supporting 77 households in the region to ensure their Section 152 liquor restrictions are effective and to provide assistance as needed. This support includes conducting follow-up checks every three months for each household, offering guidance and education.

Additionally, we have been actively updating signage at each property to enhance understanding of the restrictions in place. Our efforts extend to eight communities in the Fitzroy Valley that are under a Section 175 community restriction. This involves providing community education, support, and participation in local meetings.

We are also in the initial phase of helping Karnparmmi apply for a Section 175 restriction to maintain an alcohol-free and safe environment for their community. Our AOD team has been collaborating with leaders from the Bayulu and Wangkatjunga communities to discuss renewing their Section 175 restrictions and how we can assist in fostering safer communities.

Plans are underway to order new Section 175 signs for the community and to explore developing a community safety/action plan to address AOD issues within these areas. The current Section 175 Fitzroy Valley communities include Bayulu, Bungardi, Joy Springs, Kadjina, Ngalingkadji, Noonkanbah, Wangkatjunga, and Yakanarra. This year, our AOD team is scheduled to visit Ngalingkadji, Noonkanbah, Bungardi, Joy Springs, Kadjina, and Yakanarra.



Aboriginal Mental Health First Aid Training

With our AOD Senior Support Worker being an accredited Mental Health First Aid instructor last year, an Aboriginal Mental Health First Aid two-day course was delivered in Yiyili in April. This training teaches participants to recognise and respond to mental health issues and crisis, guiding individuals toward professional help. Offering this training in the Fitzroy Valley community members will empower locals to support each other and assist those with mental health challenges. The two-day course is highly engaging, fostering conversations about mental health and increasing awareness of symptoms. By promoting education and understanding, we aim to reduce stigma and

encourage more people to seek help when needed. Ismahl teamed up with Deli from the Kimberley Mental Health Drug Service team in Fitzroy, to deliver the Aboriginal Mental Health First Aid course at Yiyili Community.



Garama Yani-U and our FV men

Our AOD team has been prioritizing working with our men in the valley through Garama Yani U Fitzroy Valley Men's Shed. Numerous engagements have happened this year, such as the GYU men's breakfast program. Every Tuesday, Nindilingarri Health Promotion team member(s) will be covering the breakfast and delivering health sessions from 8:30 AM – 10 AM. To date, we have had six health sessions during the Tuesday GYU breakfast program. Other current activities happening at GYU include open mic night and woodwork. We are trying to build a safe space for our men in the valley to come in and talk about men's health, including AOD and other social issues within our communities. In May 2026, we had a Wangkatjunga Men's health and wellbeing day BBQ/yarning circle there. This was an opportunity for local men to listen and share their experiences with alcohol and drugs. Older men and leaders in the community shared their lived experiences with alcohol during the yarning circle.

Collaboration with KALACC and Yiriman

Nindilingarri have been working collaboratively with team KALACC and Yiriman to complement their camps and cultural activities. Ismahl has been engaging and delivering sessions on AOD, mental health and emotional regulation to the young people and men during some of the KALACC and Yiriman programs this year. Ismahl attended the KALACC men's empowerment and Yiriman camp at Old Cherrabun station in April Aswell as the Dangu camp (approx 50km south of Wangkatjunga Community) in May. During these camps, Ismahl delivered workshops and yarning circles on AOD and harms. We will continue to work with KALACC and other organisations that deliver similar initiatives within the Valley. Our Men's Sexual Health Coordinator Leon attended the Old Cherrabun Station camp, and our Spiritual Health Coordinator Henry came along on the Dangu Camp. Our Nindilingarri Health Promotion team also supported the recent NAIDOC Junba night at Biridu community in June.



Working with the KALACC and Yiriman boys



Biridu NAIDOC Junba night

School engagement

Our AOD team have doing some work with Manjali studio school and Yiyili remote community school. In February, Ismahl teamed up with Rachele from Standby and Sue Luketina from Kimberley Mental Health Drug Service (KMHDS) to deliver educational workshops on resilience to students and community members.

Two sessions were delivered in collaboration with Jarrah Phillips (KMHDS) at Manjali Studio schools in April and May. These sessions covered empathy and how to cope with stress and how alcohol and drugs can affect your emotions. We will continue to work with Manjali school to deliver educational workshops.



Network groups

Our AOD team are managing and providing secretarial support for three service network groups in the valley. These network groups are the FV Youth Foot Soldiers, FV Men's service network and the Alcohol and Other Drug Action Group. This year we have had five Foot soldiers meeting, one FV men's service network meeting an AOD action group happening second week of June. Community members are strongly encouraged to attend and participate at these meetings to find out what is happening, opportunities and have their say on some of the important issues in the Valley.

Upcoming events and priorities

Our AOD team will continue to work closely with organisations such as GYU, KALACC, Marninwarntikurra and other service providers to enhance service delivery, avoid duplication and share resources. We will be prioritizing visiting communities south of the river such as Noonkabah, Ngalipta, Kadjina and Yakanarra to talk about their S175 in the coming months. Our AOD team will be leading the FASD awareness march in September and will be supporting Marninwarntikurra's "Us against abuse" campaign In August this year.



*Ismahl
Croft*

ENVIRONMENTAL HEALTH

Community Dog Health Program

The Community Dog Health Program has been working hard this year, making sure as many dogs as possible receive the care they need. A key part of this work has been administering Anti-Parasitic treatments during community visits. By reducing the number of parasites in dogs, these treatments not only help keep animals healthier and stronger but also support the overall health and wellbeing of the community.

We also partnered with Animal Management in Rural and Remote Indigenous Communities (AMRRIC) to deliver a desexing program across multiple communities in the Fitzroy Valley. This project was very successful with over 100 animals being desexed, and over 40 animals receiving vaccinations.





Health Homes Inspections

You may have seen our Environmental Health Team out in the community, carrying out Healthy Home inspections. These visits focus on checking the overall health hardware in homes – including taps, toilets, showers, drains, and other essential fittings that help keep households safe, functional, and healthy.

Where possible, our team can carry out minor repairs or replacements on the spot, ensuring families have reliable, working facilities without delay. For larger or more complex issues, the team will refer the matter to the appropriate services, making sure problems are addressed properly and efficiently.

These inspections are more than just checking fittings—they are an important part of promoting healthy living environments, preventing potential health risks, and improving the overall wellbeing of households and communities. By addressing problems early and providing guidance, the Environmental Health Team helps create stronger, safer, and healthier homes for everyone in the community.

If your home needs assistance, we encourage you to contact NCHS to arrange an inspection or discuss any concerns.

Hard Soap Distribution and Healthy Home Packs

During every community visit, our Environmental Health Team delivers hard soap packs directly to households. In addition to soap, the team also provides packs to help protect against mosquitoes, ticks, and common skin conditions, giving families the tools they need to maintain healthy skin and reduce the risk of infections.

Having access to these essential products helps households stay clean, prevent the spread of germs, and protect against bites or irritations from insects.

If your household needs a pack or has run out, we encourage you to call or visit NCHS. We're here to make sure everyone in the community has access to these important hygiene and health resources.

Solid Waste Collection

The Environmental Health Team has been working hard to support households with solid waste collections through our referral system. Managing household waste is an important part of keeping homes and communities safe and healthy. To make this easier, our team provides a caged trailer that households can fill with rubbish, old items, and other unwanted materials. This service helps families reduce clutter, remove potential hazards, and maintain a clean and hygienic living space.

By being present at local events, we can make sure people know what services are available, answer any questions, and connect with community in a friendly and approachable way.

In certain circumstances, we can also provide a truck and bobcat to assist with larger clean-ups. These resources are particularly useful when households have bigger amounts of waste, heavier items, or items that cannot easily fit in a trailer. By providing the right equipment for the task, our team ensures that waste is removed efficiently and safely, minimizing risks to people, pets, and the environment.

Proper waste management plays a key role in preventing pest infestations, reducing the spread of disease, and protecting local wildlife and the environment. By supporting households with these services, the Environmental Health Team helps maintain strong, safe, and healthy communities.

If your household needs assistance with waste collection, we encourage you to call or visit the Environmental Health Team. We are here to provide the right support, whether it's a trailer for everyday rubbish or a truck and bobcat for larger clean-ups, to ensure everyone can live in a clean, safe, and well-maintained environment.



Health Promotion in Community

Our Environmental Health Team has also been busy attending community events across the Fitzroy Valley. These events give us the chance to sit down with families and yarn about the different services we can provide, such as Healthy Home Inspections, soap and hygiene packs, and waste collection support.

This year we hosted the OrangeSky truck from the Shire of Derby/West Kimberley, which managed to get through 19 loads of washing for community members.

By being present at local events, we can make sure people know what services are available, answer any questions, and connect with community in a friendly and approachable way.



Pest Management

This year the EH team received training on mosquito management practices including trapping, identifying and control measures. We have incorporated these measures into our delivery program and have been very busy reducing mosquito breeding grounds in and around homes. This is important, as mosquitoes can carry potentially fatal viruses and make people very sick.





Harry Yungabun



Edward Bridgen

SPIRITUAL HEALTH

NCHS is excited to introduce our new Spiritual Health Promotion Officer, Henry Skeen, to our team. Since his arrival, Henry has been actively involved in numerous health promotion initiatives throughout the Fitzroy Valley. His contributions include assisting at men's camps alongside our AOD Health Promotion Officer, Ismahl Croft. Furthermore, he has played a role at the Men's Shed and has even organized an open mic night!

Henry's enthusiasm and dedication have already made a notable impact. He is passionate about creating spaces where individuals feel supported and heard, and he believes in the power of community engagement to foster spiritual well-being. Through workshops and studio sessions, Henry aims to encourage meaningful conversations and connections that uplift the spirit and strengthen community bonds. His efforts are instrumental in promoting a holistic approach to health that encompasses mind, body, and spirit. We are thrilled to see the positive changes Henry will continue to bring to the community.

Our Spiritual Health Promotion Officer has an array of sessions and activities that he is eager to introduce in the coming six months. Henry welcomes anyone with musical skills or a spiritual connection to get in touch with him and spend some time in the studio.



*Henry
Skeen*

NCHS AGED CARE

The NCHS Aged Care team have successfully delivered all services in the past six months. NCHS Aged care is currently providing services to 57 clients in 6 communities and the township of Fitzroy Crossing, this is the highest client number's NCHS has ever had. The Aged Care team strives to deliver culturally appropriate services to help our clients to lead there best independent lives.

Services include:

- **Domestic Assistance** – Collecting laundry from client's homes, washing and drying clothes (blankets) and returning them to client's home.
- **Personal Care** – Helping clients to shower and aid with personal grooming and hygiene.
- **Social Support (Individual)** – Assisting clients with shopping and meeting appointment schedules.
- **Social Support Group (Centre Base Day Care)** – Clients are provided a hot breakfast which includes bacon, eggs, sausages and toast, plus fruit and cereal at the CHSP building. Clients can then participate in a variety of center-based activities like board games, colouring and drawing, music and sing- a longs, painting, arts and crafts, beading, as well as demonstrations from other program staff and group outings.
- **Transport** – Providing direct transport for clients.
- **Meal Delivery** – Clients are provided with a lunch time meal, dessert and water.

After completing the newly refurbished activity room NCHS has continued to make upgrades to the CHSP center. A new bigger TV has also been installed so the clients can easily watch the mornings news, or a program or have music on while having there breakfast.

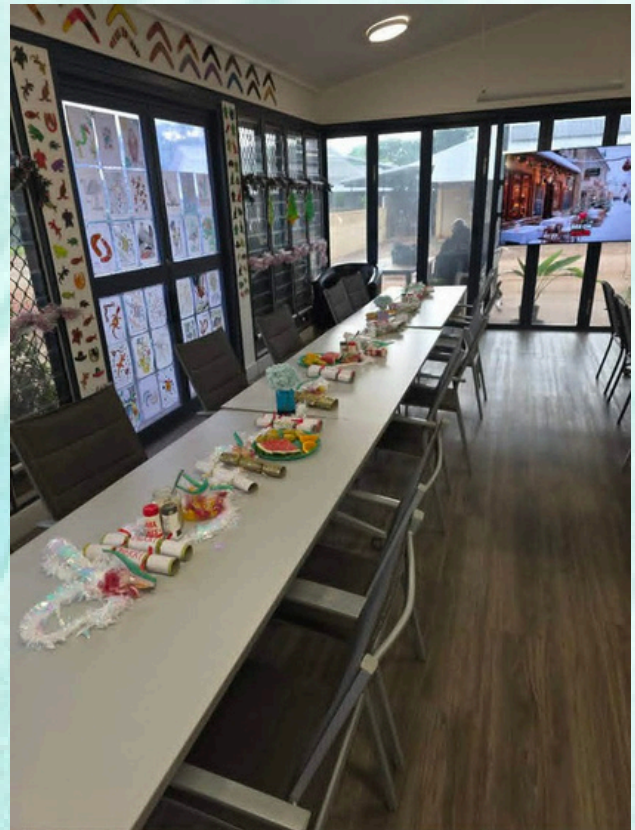


The kitchen has recently been renovated, with new sinks, benches, a bigger dishwasher, and a new extraction fan over the stove installed, as well as tiling of the whole kitchen. A new storeroom has been built, and the old storeroom has been turned into a prep area with more fridge/freezer space. Privacy walls have also been installed outside the bathroom/toilet area.



These engaging activities are hosted in our newly completed Activities Room. The floor has been freshly painted, and the new furniture is beautifully arranged. This space has transformed into a lively center for creativity and social interaction. Recently, clients had a wonderful time decorating Christmas baubles, which they hung on a festive bush tree. Participants also enjoyed a raffle, and the excitement over the prizes was fantastic.





Our clients are now enjoying the new activity room which was completed last year. Staff and clients love sitting together yarning and making some exceptional art.









*Ryan
Dennis*

NINDILINGARRI CULTURAL HEALTH SERVICES



PO Box 59 Fitzroy Crossing 6765 W.A.

Phone: (08) 9193 0093

Web page www.nindilingarri.org.au

