



**Men's and Women's Health Month** – Aboriginal and Torres Strait Islander people can access a Health Check every 9 months.

715 health checks are free at Aboriginal Community Controlled Health Services and help people stay healthy and strong. Having a health check provides important health information for the client and their doctor. Assisting clients to stay in control of their health is important. The 715-health check helps to identify potential illnesses or chronic diseases before they occur. It is much easier to look at ways to prevent these things from occurring, rather than treatment. The 715 Health Check is designed to support the physical, social and emotional wellbeing of Aboriginal and Torres Strait Islander patients of all ages.

### **STAFF ACHIEVEMENTS**

This month we are pleased to spend a few minutes with one of our very accomplished staff members **Laurel Dodd** to hear her story both in life and in her career.

Laurel has been with PWHS for many years and has been recognized for numerous awards as well.

Clients and the team at PWHS value Laurel's professional approach to her work and the extra effort she gives to ensure clients are receiving the very best care.

Click on this link

[https://www.facebook.com/pikawiyahhealth/photos/a.118452733060724/128086192097378/?type=3&notif\\_id=1583982453179843&notif\\_t=page\\_post\\_reaction](https://www.facebook.com/pikawiyahhealth/photos/a.118452733060724/128086192097378/?type=3&notif_id=1583982453179843&notif_t=page_post_reaction) to read more about Laurel's professional career and achievements.

### **CORONAVIRUS UPDATE**

PWHS has been actively planning in case of Coronavirus spread into South Australian and possibly our community. This has not happened yet. A small team has been working in the background. This team is led by Dr Nigel Brennan and consists of Dr Gautham, Lionel Milera, Charmaine Hull, Lynne Milera and Alicia Jackson, supported by Andrea Evans.

The team has created and is working to an Action Plan.

You will be asked to do certain tasks along the way, such as training and following certain protocols, depending on your role within the organization. We respectfully request you do these in a timely manner. Thank you.

The best place for information is <https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>

If you have any further questions, please speak to one of the team members who will be able to assist you.

Thank you  
Coronavirus Team



### **Pika Wiya Family Health Services - Women's Health Information Days**

This week, the Family Health Services Women's Group, held their information session based around tackling smoking. Zena Wingfield and Sarah Aguis from the Tackling Indigenous Smoking Program, spoke to the women around the dangers, risks and costs of smoking and the impact it has on yourself, families and friends. In this session, the guest speakers talked about the supports in place for people who smoke and/or want to quit, such as the 5 Deadly D's.

1. Delay
2. Deep Breath
3. Drink Water
4. Do Something Else
5. Dial Quitline 137 848

The women who attended the session came to receive information around quitting smoking, and those who didn't smoke came to take information back to their families and friends. Valma Ah-Nge also attended the session to support the women and have one-on-one time with each client, which the women expressed that they found helpful.

The Family Health Services team welcome all women to attend the information session 😊



### **INTERNATIONAL WOMEN'S DAY**

JACINDA AMOS PRESENTED WITH THE INTERNATIONAL WOMEN'S DAY AWARD - *At PWHS, we encourage and acknowledge women to go beyond their job role, completing the task lists and aim to achieve best practice in everything they do for our clients. During the past 12 months management has received phone calls about the assistance, actions and advocacy that Jacinda has provided for their families assisting families to negotiate with Council, Hospital appointments, a school, families and Trachoma nurse.*

*Jacinda commenced at Pika Wiya Health Service as a Transport Officer, then as Receptionist in the Clinic then Administration then Jacinda successfully won a position as an Aboriginal Environmental Health Worker. As her co-worker can attest studying for a week a month, travel and providing a diverse range of services to a vast area presents with it challenges in what used to be historically a male dominated role.*

*Jacinda represents an example of Pika Wiya's investment in education and in doing so we are investing in educating our future generations.*

