

Networking to enhance First Australian health in Victoria

e-NEWS FOR MEMBERS May-June 2017

Joan Kirner Young and Emerging Leaders program

As Victoria's first and only female premier, the late Joan Kirner's political legacy is characterised by her commitment to promoting women and reforming education. The Joan Kirner program will enable up-and-coming female leaders to obtain the critical skills, networks and experiences required to advance their leadership careers. The program will award scholarships to 25 young and emerging women leaders who represent the six key categories reflective of Joan's passions: education; environment; women's health; western suburbs of Melbourne; Aboriginal women; and culturally diverse women. For information and to apply please [visit this vic.gov.au website](http://www.vic.gov.au).

We would welcome your financial support

The Weenthunga Committee of Management is very appreciative of donations generously made from time to time to help Weenthunga achieve its goals. The Weenthunga Health Network Inc ABN 95 615 678 762 has ATO endorsement as a deductible gift recipient. If you too would like to make a tax deductible donation to Weenthunga you can opt for:

- Posting a cheque to Weenthunga, PO Box 38, Flinders Lane Vic 8009. Make sure you include your name and address or email address with the cheque to be able to receive a tax deductible receipt.
- Making an Electronic Funds Transfer into Weenthunga's bank account (below), and send an email notifying lin@weenthunga.com.au of your donation so that we can send you your tax deductible receipt.

Account Name: Weenthunga Health Network Inc

BSB: 013 299

Account No: 337822851

- Additionally, you can donate shares instead of cash, and still receive a tax deduction. ShareGift Australia is a not-for-profit organisation that provides shareholders with an easy way to sell their shares and donate the sale proceeds to charity without brokerage fees. Please [click here for more information](#) about donating to Weenthunga via ShareGift

Networking to enhance First Australian health in Victoria

e-NEWS FOR MEMBERS May-June 2017

A Conversation with NT Aboriginal Elders and Community Leaders —

10 Years of the Northern Territory Intervention & Working Towards Treaties

In 2007 under the Howard Government Aboriginal peoples' lives in the Northern Territory were suddenly and brutally traumatised. Labelled the 'Northern Territory Emergency Response' or 'NT Intervention' the policy was later expanded in 2012 by the Gillard Government for ten years and rebranded as 'Stronger Futures'. These imposed Government policies have caused widespread havoc and disempowerment amongst First Peoples' communities in the NT, breached human rights and United Nations guidelines, and were not consented to. The Elders are coming to Melbourne 10 years on to seek support. They will be interviewed by Jeff McMullen AM; and the introduction will be done by Jon Altman AM. The speakers will be Josie Crawshaw, Harry Jakamarra Nelson, Frank Baarda, Elaine Peckham and Yananyumul Mungunggurr. There will be also be a message from Rev. Dr. Djiniyini Gondarra. This event is hosted by Concerned Australians and is 3.00pm – 5.45pm on 29th of June. It will be held at RMIT Building 80, 4th Level, Room 11 (Yellow Door) 445 Swanston St, Melbourne. For more information please visit [the Facebook page](#) or email info@concernedaustralians.com.au

NACCHO Carer Gateway

Are you a First Australian carer? Carer Gateway has short videos about real-life carers in the community – showing how they cope and deal with problems – and how they make the most of the time they spend caring for someone in need. There are [free online resources](#) to support First Australian carers, including a [guided relaxation audio recording](#) and [information brochures](#) and [posters for use by health and community groups](#) which can also be ordered from the [Carer Gateway ordering form](#) and a [Carer Gateway Facebook page](#) to keep up to date on services and supports for carers.

Deadly Duo Competition

Aboriginal Family Violence Prevention & Legal Service Victoria have a new competition. We all know how important having a best friend is. Do you have a BFF? Or is your cuz the one you turn to when you need a laugh and support? Whoever your Deadly Duo is, we want to know! To enter the competition tell us in 100 words or less who your Deadly Duo is and why you think the relationship is so deadly. By entering you can win a \$1000 Visa gift card - there are five up for grabs! Entry is open to all Aboriginal and Torres Strait Islander young women aged 13 to 21 years who live in Victoria. The competition closes at 5pm on Thursday 29 June, 2017. Entry into the competition means you agree with the [terms and conditions](#). You can [enter here](#), but you will need to be logged into Facebook.

e-NEWS FOR MEMBERS May-June 2017

Palliative care for Aboriginal and Torres Strait Islander peoples: online resources

Palliative care is provided for someone who is really sick and not going to get better. The goal of palliative care is to improve the quality of life of patients - to provide comfort, and to help them be as comfortable and active as possible. It can help with relief from pain, suffering, and other symptoms that may be affecting the person.

Palliative care is not just about helping with physical concerns - it can also assist with social, emotional, cultural, and spiritual concerns. Supportive care for a person who is getting ready to finish-up is about health professionals working together to do what the person wants. Palliative care services can help patients to remain in their community if that is what they wish. They can help family, carers, and community members learn how to care for someone who is finishing up.

Guided by an expert advisory group comprised of Aboriginal and Torres Strait Islander people representing various organisations within the health sector across Australia, CareSearch has created online resources that will help build a path of cultural capability and understanding for supporting care with Aboriginal and Torres Strait Islander people.



The Aboriginal and Torres Strait Islander Care pages include information for providing culturally appropriate care for and sharing information with Aboriginal and Torres Strait Islander patients, their families and communities.

You can access the Aboriginal and Torres Strait Islander Care pages at www.caresearch.com.au.

Acknowledgements: Aboriginal and Torres Strait Islander Reference Group, PEPA & PCC4U (The Collaborative), Leigh Harris, Igneous Studios. CareSearch is funded by the Australian Government Department of Health.

Networking to enhance First Australian health in Victoria

e-NEWS FOR MEMBERS May-June 2017

CATSINaM Position Statements

Congress of Aboriginal and Torres Strait Islander Nurses and Midwives have released a series of [Position Statements](#). These include:

- [Cultural Safety Endorsed March 2014](#)
- [Clinical Placements Endorsed March 2014](#)
- [Recruitment and retention Endorsed March 2014](#)
- [Birthing on Country Endorsed March 2016](#)
- [Uniqueness of our workforce Endorsed March 2016](#)
- [Methylamphetamine and Other stimulants Position Statement](#)
- [Embedding Cultural Safety across Australian Nursing and Midwifery](#)

Profile on Arkeria Armstrong – Health and Education Support Manager

In May 2017 Arkeria started with Weenthunga as Health and Education Support Manager. Arkeria is Steff Armstrong's daughter and is a Gamilaraay woman with family from New South Wales. She was born in Ceduna, South Australia and spent most of her childhood years travelling Australia with her family but has spent the last 9 in Bendigo, Victoria. Arkeria has worked with Weenthunga in the past and is currently also working with the Wirrpanda Foundation Deadly Sista Girlz in schools in Bendigo.



She completed a Bachelor of Education which then aided in working with health based school programs. She is very passionate about supporting young woman in creating healthy lifestyles for themselves and has found working in this environment extremely satisfying. Working with students and watching them grow into successful young woman is what keeps her wanting to work in this space. She is also a visual artist and uses these skills to run art workshops. She believe that art can be an amazing outlet and it also allows people to explore culture in a therapeutic space.

Arkeria has previously assisted with our Women's Talk Health Days and aiding in supporting young woman to be a very special part of Weenthunga for her. She considers that the positive relationships that are built within this space as special and this aspect of the work is truly rewarding.

She has a 2 year old daughter and spends as much time with her as possible. Family and friends are very important to Arkeria and she love spending as much time with them a possible.