

# Njernda News



*Njernda Aboriginal Corporation  
will be closed for the  
Christmas Break from  
Friday 21st December, 2018  
and will re-open  
Monday 7th January, 2019*

*Inside the newsletter are the  
Service Hours for HACC clients  
during this time*



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# **HACC/PYP/CHSP Clients**

**Njernda Aboriginal Corporation  
will be closed**

**Friday 21st December, 2018**

**and will re-open**

**Monday 7th January 2019**

Over the Christmas/New Year period  
**Janice Day** will be available the following  
dates: **Thursday 27th December 2018 to**

**Saturday 29th December 2018**

**Tuesday 2nd January 2019 to**

**Friday 4th January 2019**

**In case of an emergency call 000**

**Please do not hesitate**

**to contact**

**Janice on 0403 124 174**

# **ANNUAL GENERAL MEETING**

**TO ALL COMMUNITY MEMBERS**

**THE NJERENDA ABORIGINAL  
CORPORATION**

**WILL HOLD ITS**

**ANNUAL GENERAL MEETING**

**FRIDAY 11<sup>TH</sup> JANUARY 2019**

**THE MEETING WILL COMMENCE**

**AT 11AM**

**AT THE NJERENDA ART GALLERY**

**1 LAW COURT, ECHUCA**

**BBQ LUNCH PROVIDED**

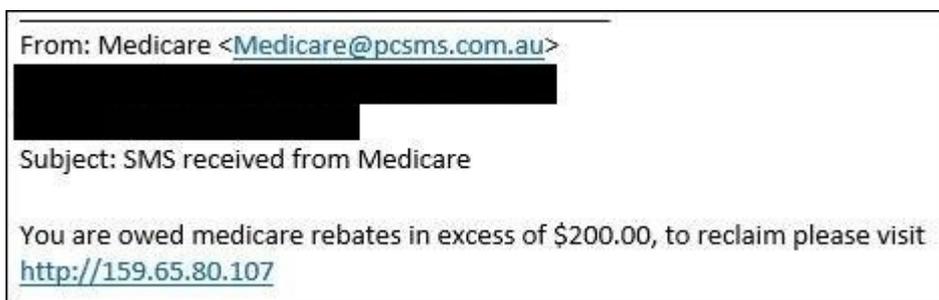
**LUCKY DOOR PRIZES**

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# MEDICARE SCAM

There's a new email scam pretending to be from Medicare. The message is telling people they're owed a rebate of over \$200.

The email tells people to click a link to a website and share their personal details. It's very similar to a recent SMS message that scammers were sending.



If you have received an SMS or email like this, please do not click on the link or respond to the sender. If you have provided your personal details, you will need to call the Scam and Identity Theft Helpline on 1800 941 126. Please also report it to [scamwatch.gov.au](http://scamwatch.gov.au) and delete the message.

Medicare does not include links in their emails or text messages. They would never offer patients money from Medicare without sending them an official letter first.

The department is working with the Australian Cyber Security Centre to have the website removed as quickly as possible.

**For more information about scams and how to avoid them visit [www.humanservices.gov.au/scams](http://www.humanservices.gov.au/scams)**



# CHANGING GEARS PROGRAM



The *Road to Solo Handbook* is what your Learners Permit test is based on. This book can be hard to read as your mind can drift from boredom. You become easily distracted, and lose concentration. You don't take in the information, which causes great frustration

21<sup>st</sup> January to  
24<sup>th</sup> January 2019

Community Hub

Annesley Street  
Echuca

Lunch Provided

## Learning activities:

- ✦ Videos
- ✦ Explained so it makes sense
- ✦ Easy to remember methods
- ✦ Easy to use workbook
- ✦ Lots of practice tests
- ✦ Heaps of discussions
- ✦ All of your questions answered
- ✦ Includes actual test on last day
- ✦ you don't have to read the book)

**9 out of 10 Learners pass  
the test by attending every day**

**CHANGING GEARS™**  
GET STARTED. GET LEARNING. GET DRIVING.



This program is targeted to Community who are eligible to get their  
Victorian Learners Permit

**LIMITED SPOTS AVAILABLE**

**REGISTRATION FORMS ARE AVAILABLE FROM NADINE WRIGHT**

**Children must be over the age of 16 years**

**Registration forms are to be returned to Nadine Wright by the close of business Friday 11<sup>TH</sup> January 2019**

Required documentation for Proof of Identity: Birth Certificate, Bank Card, Medicare Card, Health Care Card

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# HEALTH ASSESSMENT DRAW WINNERS

- **0-15 years** - Brandon Farrell, Justina Harrison, Brayden Knight-Morrow
  - **16-39 years** - Ella Cutmore Farina, Keisha Butler, Paige Cemino
  - **40+ years** - Paula Thomas, Wayne Johnson, Gwen McGregor
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## REMINDER TO ELDERS

With the weather reaching high 30's– 40'S, a reminder to Elders to:

- ◆ Drink cool, non-alcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- ◆ Rest.
- ◆ Take a cool shower, bath, or sponge bath.
- ◆ If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- ◆ Wear lightweight clothing.
- ◆ If possible, remain indoors in the heat of the day.
- ◆ Do not engage in strenuous activities.

**Don't forget to book in for your yearly Health Assessment.**

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## NJERENDA MEMBERSHIP

If you would like to become a member of Njernda Aboriginal Corporation you must be:

- At least 18 years of age, and an Aboriginal and Torres Strait Islander person, and
- A permanent resident, for at least the last six months, of the areas bounded by the towns of Echuca, Barmah, Gunbower, Lockington, Moama Rochester, and Tongala.

**Membership forms are available from Reception at each division or on our website - <http://www.njernda.com.au/forms-surveys>**



# DO YOU KNOW WHAT TO DO IF YOU'RE BITTEN BY A SNAKE?

With the weather warming up, the snakes are out and about but do you know what to do if you or a loved one is bitten by a snake?

**IN A MEDICAL EMERGENCY CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

Do not wash venom off the skin or clothes because it may assist identification.

## WHAT TO DO

1. Follow DRSABCD.
2. **Call triple zero (000)** for an ambulance.
3. Lie the patient down and ask them to keep still.
4. Reassure the patient.
5. If on a limb, apply an elasticised roller bandage (10–15 cm wide) over the bite site as soon as possible.
6. Apply a further elasticised roller bandage (10–15 cm wide), starting just above the fingers or toes and moving upwards on the bitten limb as far as can be reached.
7. Use clothing or other material if an elasticised roller bandage is not available.
8. Apply the bandage as tightly as possible to the limb.
9. Immobilise the bandaged limb using splints.
10. Keep the patient lying down and completely still (immobilised).
11. Write down the time of the bite and when the bandage was applied. If possible, mark the location of the bite site (if known) on the skin with a pen, or photograph the site.
12. Stay with the patient until medical aid arrives.



So what does **DRS ABCD** stand for?

**D**anger (remove patient from danger)

**R**esponse (check for response if patient is alert or unconscious)

**S**end for help (call 000 if needed)

**A**irway (check for obstructions to airway)

**B**reathing (check if patient is breathing)

**C**PR (commence CPR if necessary)

**D**efibrillation (source and apply defibrillation if needed)

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# CONGRATULATIONS MEGAN & KELLI

Congratulations to **Megan Atkinson** for passing her pathology training. Megan is now qualified to take blood.

Congratulations to **Kelli Bartlett** for obtaining her Graduate Diploma in Indigenous Health. Kelli's graduation will be held in May 2019

***Well Done Girls, We're Proud of You!!***

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## WHITE RIBBON REAL MEN BAKE CAKES COMPETITION



Keith Hearn participated in the White Ribbon, Real Men Bake Cakes Baking Challenge that was held Friday 23rd November by the Shire of Campaspe. Keith went up against 20 other men in the challenge and came out victorious with his masterpiece.

A three (3) layered cake consisting of a chocolate cake, red velvet cake, white chocolate cake, with layers of jelly, custard & shards of sugar work. It was truly a masterpiece and goes to show that he hasn't lost his talent to make and decorate cakes.

***A massive big congratulations to Keith***

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# NJERND A SERVICES

## NJERND A MEDICAL CENTRE

84 Hare Street, Echuca Vic 3564  
Phone: 03 5480 6252 Fax: 03 5480 6116

### Hours of Operation

**Monday - Friday:**

8.30am - 4.30pm

**Friday:**

8.30am - 4pm

## NJERND A FAMILY SERVICES

34 Annesley Street, Echuca Vic 3564  
P.O. Box 201, Echuca Vic 3564

Phone: 03 5480 6252

### Hours of Operation

**Monday - Friday:**

8.30am - 4.30pm

**Friday:**

8.30am - 4pm

## COMMUNITY HUB

Annesley Street, Echuca Vic 3564  
(next door to Njernda Family Services)  
Phone: 03 5480 6252

### Hours of Operation

**Monday - Friday:**

8.30am - 4.30pm

**Friday:**

8.30am - 4pm

## BERRIMBA CHILDCARE

94 Hare Street, Echuca Vic 3564  
P.O. Box 201, Echuca Vic 3564  
Phone: 03 5480 6252 Fax: 03 5480 2595

### Hours of Operation

**Monday - Friday:**

8.30am - 4.30pm

**Friday:**

8.30am - 4pm

## BAROONA YOUTH HEALING

Murray Valley Hwy, Echuca Vic 3564  
P.O. Box 201, Echuca Vic 3564  
Phone: 03 5481 3100 Fax: 03 5480 9522

### Hours of Operation

24 Hours / 7 Days per week

## YAKAPNA

P.O. Box 201, Echuca Vic 3564  
**Contact the Family Services Unit**  
Phone: 03 5480 6252

### Hours of Operation

24 Hours / 7 Days per week

## NJERND A ADMINISTRATION

307 High Street, Echuca Vic 3564  
P.O. Box 201, Echuca Vic 3564  
Phone: 03 5480 6252

### Hours of Operation

**Monday - Friday:**

8.30am - 4.30pm

**Friday:**

8.30am - 4pm

# NJERENDA SERVICES

## *Rights & Responsibilities*

*Njernda's programs operate using a Charter of Rights and Responsibilities.*

- Some of your rights include:
- The quality of service you can expect
- Your right to an advocate
- Your right to privacy
- The process for accessing your information
- Informed consent
- Feedback processes
- Complaints, appeals and allegations
- Interpreters and translation
- Your right to be free from abuse, neglect, and violence
- For further information on any of these topics including procedures, please speak to your case manager or program manager.

## *Compliments & Complaints*

If you wish to lodge a compliment or complaint regarding your service delivery, please discuss this with your case manager, receptionist, or program manager who will direct you on how this is done. Alternatively please feel free to leave suggestions in the 'suggestion box' located in each facility.

## *Njernda's Environment*

Our aim is to promote the health and well being of all staff, patients and others whilst they are on our premises.

***Smoking is not permitted within 10 metres of:***

- ◆ all *Njernda Aboriginal Corporation* buildings and vehicles
- ◆ air vents, entrances or exits of work sites that are in full view of the public.



THANK YOU FOR  
OBSERVING OUR  
NO SMOKING  
POLICY

**Should you need to smoke whilst at Njernda; we ask that you are not within 10 metres of our building and to dispose of your butts thoughtfully. Please do not drop them on the grounds**

## *Client Survey*

We value your feedback as this helps us identify any issues and make quality improvements to our programs. Your program staff may ask you to complete a survey and are able to assist you to complete this. Thank you for taking the time to complete surveys and helping us improve.

## *Njernda's Website*

Should you wish to make a Compliment/Complaint or to complete a survey, please log on to our website [www.njernda.com.au](http://www.njernda.com.au). Our survey's are located in the Forms & Survey's tab.

# NJERNDA MEDICAL

Njernda Aboriginal Medical Centre participates in the Indigenous Health Incentive. We encourage your right to participate in the decision about your health care. Services are offered in:

- ◆ Podiatrist
- ◆ Financial Counselor
- ◆ Psychiatrist
- ◆ Maternal & Child Health Nurse
- ◆ Diabetes Educator
- ◆ Optometry
- ◆ Audiologist
- ◆ Speech Therapist
- ◆ Wound Clinic
- ◆ Asthma Clinic
- ◆ Ante Natal Clinic
- ◆ Health Assessments
- ◆ Immunisation Program
- ◆ Women's Health / Sexual Health
- ◆ Pap Tests
- ◆ Diabetes screening / Educator
- ◆ Maternity Program care.

Regular health checks and early presentation to a doctor when any symptoms of changes in your body occurs are essential as part of preventative .

**Njernda Medical offers a free \$20.00 Wish Card or T Shirt upon completion of all Health Assessments**

## NJERNDA FAMILY SERVICE UNIT

*Njernda Family Services offers the following Services/Programs to Community*

- ◆ *Intake & Assessment ~ Alkina Edwards*
- ◆ *Stronger Families ~ Lilly Dodds*
- ◆ *Family Service Worker ~ Renee Walsh & Ashley Wickham*
- ◆ *Kinship Care & Case Contracting ~ Rhonda Ronnan, Merring-Jippa Murray, Sheadeen Hearn, John Rengith, Kylie Russell*
- ◆ *Aboriginal Family Led Decision Maker ~ Vicki Mitchell*
- ◆ *Foster Care Recruitment ~ Jennifer Mitchell*

## NJERNDA COMMUNITY HUB

*The following Services/Programs are offered at the Community Hub*

- ◆ *Local Justice & Community Hub Team Leader ~ Baymos Handy*
- ◆ *Youth Justice ~ Tegan Wanganeen*
- ◆ *Yinya Mulana Sports Program ~ Rachael Stewart & Michael Saunders*
- ◆ *SAAP/Crisis Program ~ Lee Wanganeen & Khayla Wanganeen*
- ◆ *Regional Healthy Relationship Program ~ Nadine Wright*
- ◆ *Family Violence Project Worker ~ Nolita Edwards*

***The Community Hub is open to ALL COMMUNITY members who are looking for somewhere to go to have a yarn or a cuppa***

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# OUR VISION

## Empowering our Aboriginal Community

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### **NJERENDA'S PURPOSE**

Njernda's purpose is to deliver community controlled, holistic services and programs which improve the physical, emotional, cultural and spiritual wellbeing of the Aboriginal Community of Echuca and surrounding areas.

We believe that:

- As the first peoples of this country we have a right to recognition, respect and positive support for our culture, heritage and traditions.
- To keep our cultural traditions strong we need to have a powerful Aboriginal community. Njernda is a focus for Aboriginal identity and it must be strong enough to stand up for our rights, present our viewpoints and signal to Echuca that we exist and that we have a unique culture.
- Njernda has a responsibility to satisfy the needs of employment and culturally appropriate housing, education and health services for our Community within the Echuca in so far as funding and policy directions allow.
- Our children need to learn the power of their cultural heritage within our mob and from their Elders and families. We believe that children who develop their identity through their culture will be able to move in and out of non-Aboriginal society and achieve their aspirations without losing themselves in the process.

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### **NJERENDA'S VALUES**

- Compassion – welcoming and serving our community with understanding and without judgement
- Empathy – establishing relationships based on respect, trust and friendship
- Advocacy – working to transform the causes of poverty and challenging the causes that impact on our community
- Courage – encouraging cultural and spiritual growth, welcoming innovation and giving hope for the future
- Professionalism – open to change

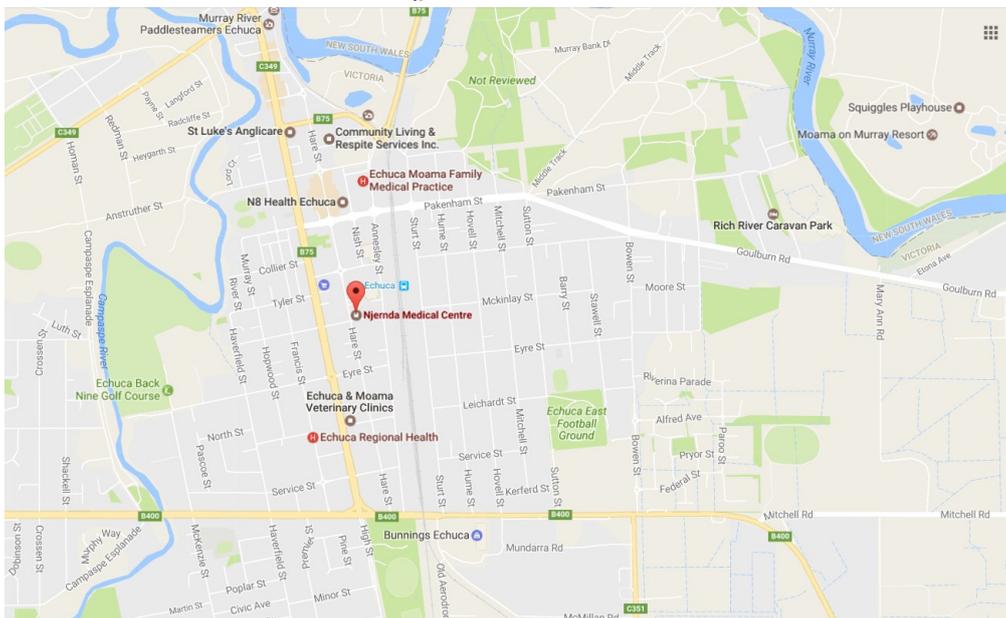
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*Njernda Services are delivered in a fair, equitable and transparent manner*

*Njernda Aboriginal Corporation appreciates the continued support of the Community*



# HOW TO FIND US NJERND A MEDICAL



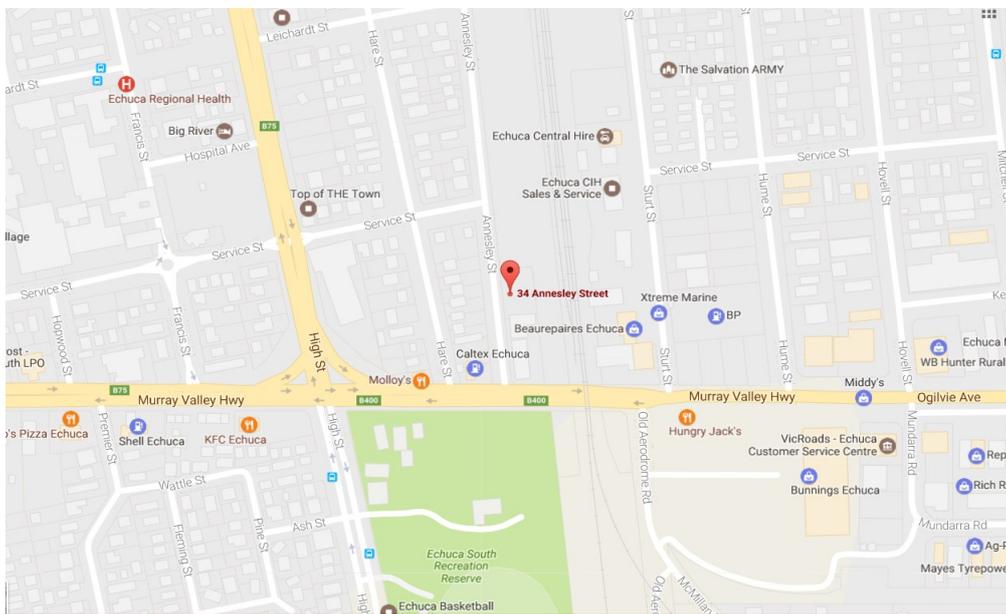
**Address:**  
84 Hare Street, Echuca

**Phone:**  
03 5480 6252

**Fax:**  
03 5480 6116

**Website:**  
[www.njernda.com.au](http://www.njernda.com.au)

## NJERND A FAMILY SERVICE UNIT



**Address:**  
34 Annesley Street, Echuca

**Phone:**  
03 5480 6252

**Website:**  
[www.njernda.com.au](http://www.njernda.com.au)

Our newsletters are available on our website  
[www.njernda.com.au](http://www.njernda.com.au)

Should you have an article for the next Newsletter,  
please email it to Kristie  
[KristieH@njernda.com.au](mailto:KristieH@njernda.com.au)

