

NJERNDA TURNS FOCUS TO FIRST NATIONS HEALTH

A special week-long campaign will turn the focus onto health for Echuca-Moama's Aboriginal and Torres Strait Islander community next week.

Njernda Aboriginal Corporation is holding its first Health Week from May 15 to 19.

The highlight of the week will be the inaugural Njernda Community Health Fair on Wednesday 17 May.

"The idea behind this campaign is to encourage the community to take the next step in looking after their health – and that means different things for everyone," Njernda Acting Director of Health and Ageing Hope Briggs said.

"Njernda Health Services is committed to supporting and empowering our Community to strive for optimal health & wellness. To achieve this, we look at a person in a holistic manner – that means we don't just focus on their physical health, we also consider a person's cultural identity and spirituality," she said.

"The idea behind this campaign is to bring awareness to key health and wellbeing issues affecting our people and encouraging them to take preventive measures."

The fair will bring Njernda staff together with officials from partner organisations and groups such as Echuca Regional Health, Ambulance Victoria and the Victorian Aboriginal Community Controlled Health Organisation (VACCHO).

"For some it's addressing a particular health concern or being proactive in taking preventative measures, and for others, it's about being proactive in maintaining their overall health and wellness by actively maintaining a healthy lifestyle," she said.

"But for everyone it's about knowing and accessing the services we have at Njernda Health Service, and promoting the services we provide to ensure community can access the supports they need. Services include, GPs, Aboriginal Health Practitioners, visiting specialist, clinicians, and support programs."

There will also be staff from the Beat the Boondah program available to help those wanting to quit smoking.

At the fair at Njernda Health on Hare Street, there will be raffles and lucky door prizes, gift bags and incentives, plus a barbecue lunch.

Njernda is also using the Health Week campaign to urge community members to get their COVID vaccine booster if it has been a least six months since their last jab or their last positive test to the virus.

The booster is available to all people aged over 18, as well as children at risk of severe illness.

For more information about COVID vaccines and Njernda's Health Week campaign, call (03) 5480 6252.

For interviews or further information contact Jacinta Gange (0498) 490 672

Njernda Aboriginal Corporation

'To Know Our Living Culture'

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