

Circular Head

Aboriginal Corporation

NEWSLETTER

OCT - DEC 2023



CHAC



MAIN OFFICE: 10 KING ST. SMITHTON
HEALTH CENTRE: 165 NELSON ST. SMITHTON



PO BOX 335,
SMITHTON TAS 7330



(03) 6452 1287



RECEPTION
@CHAC.COM.AU



MAIN OFFICE: MON-THURS: 8:00AM-4:30PM
FRI: 8:00AM-2:30PM
HEALTH CENTRE: MON-THURS: 8:30AM-5:00PM
FRI: 8:30AM - 3:00PM

BOARD MEMBERS

CHAIRPERSON: Selina Maguire
VICE CHAIRPERSON: Gypsy Draven
TREASURER: Aaron Robertson
SECRETARY: Steph Johnston
DIRECTOR: Stuart Smith
DIRECTOR: Andrea Ling
DIRECTOR: Lindsey Blake
DIRECTOR: Lisa Kingston
DIRECTOR: Luke McNamara

ACKNOWLEDGEMENT OF COUNTRY

The Circular Head Aboriginal Corporation acknowledges and pays its respects to the traditional and continuing custodians of the lands on which we live. Our organisation pays our respects to the Elders – past, present and emerging and their continued cultural and spiritual relationship to the land, sky and seas.

The Tomme-ginner people of Table Cape

Low-reen-ner people of Rocky Cape

The Parper-loi-hener people of Robbins Island

The Pennemuker people of Cape Grim

The Pendow-te people of Studland Bay

The Pee-rapper people of West Point

The Ma-ne-gin people of Arthur River

The Tar-kiner people of Sandy Cape

And the Pe-ter-ni-dic people of the Mouth of the Pieman River

EMBRACING
CULTURE TO
INSPIRE AND
EMPOWER
ABORIGINAL
PEOPLE.



Merry
and a happy new year!
Christmas
to all,
- From the CHAC team



A LETTER FROM CHAIRPERSON SELINA MAGUIRE-COLGRAVE

As we enter the festive season with its financial and emotional pressures its easy to forget what the season is about – family!

Aboriginal people have always know the importance of family, and as we know, it certainly wasn't about presents. Our staff and community are natural givers and usually by this end of the year we are exhausted so here are some tips going into Christmas

1. Time is more important than presents – Go visit that person you haven't seen for a while
2. Remember those who Christmas is difficult for – it may be a first Christmas without a loved one
3. Try and buy your presents from Aboriginal business
4. When reflecting on the past year acknowledge all the good you have done
5. Our older community always come first
6. Switch off from work for a while
7. Be thankful we live on this amazing Country in NW Tasmania

From the CHAC Board to you all Merry Blakmas and Happy New Year!

- Selina Maguire-Colgrave





What's been happening

ANNUAL GENERAL MEETING 2023

Held on November 15, at 20 King St, Smithton.

Following a smoking ceremony hosted by Camilla Woolley and an Acknowledgement of Country by Chairperson, Selina Maguire-Colgrave, formalities commenced.

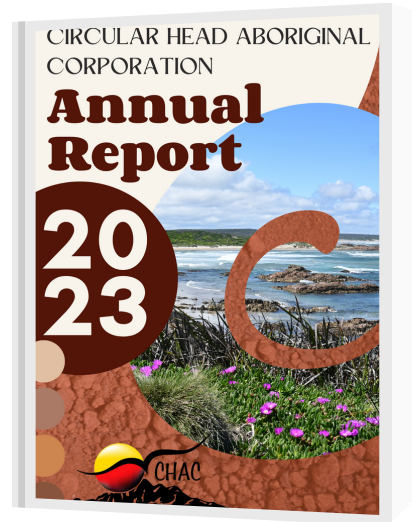
With a significant number of vacant positions on our board for this year, the election of new (and re-standing) directors was at the forefront of the evening.

We thanked departing directors, Andrea Ollington and Scott Ennis as well as those who had left the board through the year including, Robin Searle, Luke Grey and Colin Lamont.

Gypsy Draven, Aaron Roberston and Stuart Smith welcomed the new members: Lindsey Blake, Andrea Ling, Luke McNamara and Lisa Kingston together with re-elected directors, Steph Johnston and Selina Maguire-Colgrave.

The board presented the Annual Report and Financial Report to all attending members.

These are available to view on our website (<https://www.chac.com.au/annual-reports>) or if you'd like a hard copy of our annual report visit our office and ask main reception for your copy.



SENIORS WEEK

Celebrated on October 16-22

Together with our weekly programs like Bingo and Katie's Corner we enjoy adding some extra activities throughout the week for our Seniors.

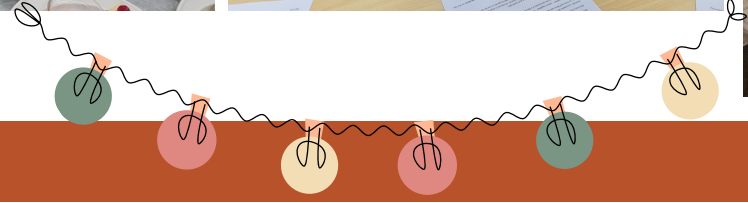
On Monday, together with the regular bingo and light lunch our coordinators from the Integrated team care program joined the participants to conduct mini health checks.

On Tuesday, participants visited Stanley. After a tour at Highfield House and the Stanley museum, they enjoyed a BBQ at Godfrey's Beach.

On Wednesday, The Terrarium Workshop was quite the hit, with plenty of beautiful creations leaving to brighten up homes.

On Thursday, Painting with Gypsy was also well enjoyed where participants enjoyed using different textiles and mediums.

On Friday, Katie's Corner was made extra special to celebrate 25 years of Seniors Week.





MENTAL HEALTH WEEK

On behalf of CHAC and our Youth Mental Health & Family Violence Program we would like to thank community for making this year's Mental Health Week such a special one and working with us to combat the stigma associated to mental health!

Mental Health Week is part of a national mental health promotion campaign held in October each year, incorporating World Mental Health Day. The purpose of this awareness week is to engage communities in activities that promote mental health and wellbeing and also increase understanding and reduce stigma about mental illness, and how it impacts on the lives of people in our community.

On Monday the team hosted a mental health week inspired Bingo for our Seniors.

On Tuesday the team cooked up a BBQ, thank you to all those he contributed to our "Leaf of Belief Tree".

On Thursday the team took some of our Youth on an excursion to the Tulip Farm. This change was due to the bad weather that prevented us from going to Dip Falls.

On Friday our staff were treated to a group meditation to finish the week.



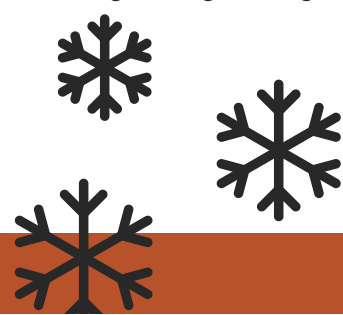
INTERNATIONAL MEN'S DAY

For IMD 2023, together CHAC's Integrated Team Care and Social & Emotional Wellbeing Program's, wanted to show our respect and appreciation to our Elders and Senior Men for their ongoing support and commitment, particularly through their regular participation in our Men's Health Group. The team prepared a Gourmet BBQ for the participants the enjoy while listening to our guest speaker, CHAC's own Steve Stone. With the theme being Healthy Mind, Healthy Body, Steve led an interactive discussion on Bone Health and Density. With some help from the crowd, Steve demonstrated the simple testing methods doctors and physios would use when identifying health strengths and body improvement needs.

Thank you to all those who pitched in to make the day a success.

Have a great Christmas Holiday, and we will see all the Men's Health Group participants in the NEW Year, **resuming Tuesday the 16th of January 2024** for lunch at Trawmanna.

- Kelly, Cheryl & Sally





CHAC Program Updates

CULTURE

We are excited by the unveiling of the new artwork at the Smithton District Hospital. Designed by our own Camilla Woolley together with Jeff Power. The installation is now on display so we encourage all members and stakeholders to go and have a look. The map acknowledges the current dual names on our Northwest Coast as well as the locations and names of the 9 Tribes in the area. The artwork on the right are Camilla's interpretation of the petroglyphs found at Preminghana.

A great visual opportunity to educate and inspire! Well done Camilla!



CHILDREN & SCHOOLING

EARLY CHILDHOOD PROGRAM

This term has seen the ECP playgroup heading out on the road. As some of you may be aware our beloved Anzac Park Playrooms is under construction and out of use temporarily.

Since taking the program on the road, we have been to Stanley, Irishtown, Forest & Marrawah. Our goal was to visit new spaces and meet new faces within the Circular Head community. This has encouraged new families to attend our playgroup sessions by making it more accessible by bringing it closer to their homes. We pride ourselves on creating an inviting atmosphere, where the children can be entertained which in turn gives parents the opportunity to yarn amongst other adults.

Play in the Park has become a regular outing, heading to the West Esplanade Park every Thursday. This hasn't been without its challenges as Tasmanian weather is so unpredictable and we can often experience four seasons within one day. Some weeks we have rugged up with wet weathers and beanies, others we have been applying sunscreen liberally, but a common theme each and every week is laughter and play.

Please keep an eye on our Facebook page for where you will see us next.

- Shae House, Ebony Fraser & Camilla Woolley





CHILDREN & SCHOOLING SMART, STRONG & PROUD PROGRAM

The Smart, Strong and Proud program would like to welcome Mel Pfeiffer to the position of Smart, Strong and Proud coordinator. Mel has been engaging with students from Smithton High School in Term 4 who are particularly at risk of disengaging with their learning and attending school.

The program this semester has focused on building resilience and caring for Country. The students have been renovating tables and chairs out at Trawmanna, cleaning and sanding tables in preparation to paint and decorate, emphasizing the importance of maintaining and looking after the people and things around us. Students have also been spending time On Country learning about Tunnerminnerwait and his story of resilience and about the natural values of this place. We even had a go at baking bread from scratch. Our Smart, Strong and Proud program is aimed at young people 12 – 18 years of age. The focus is to mentor and build capacity of students who are at risk of disengagement from education and improve their educational outcome.

- Mel Pfeiffer

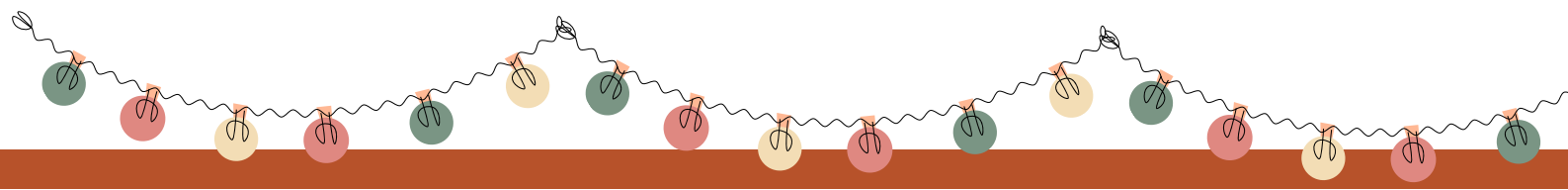
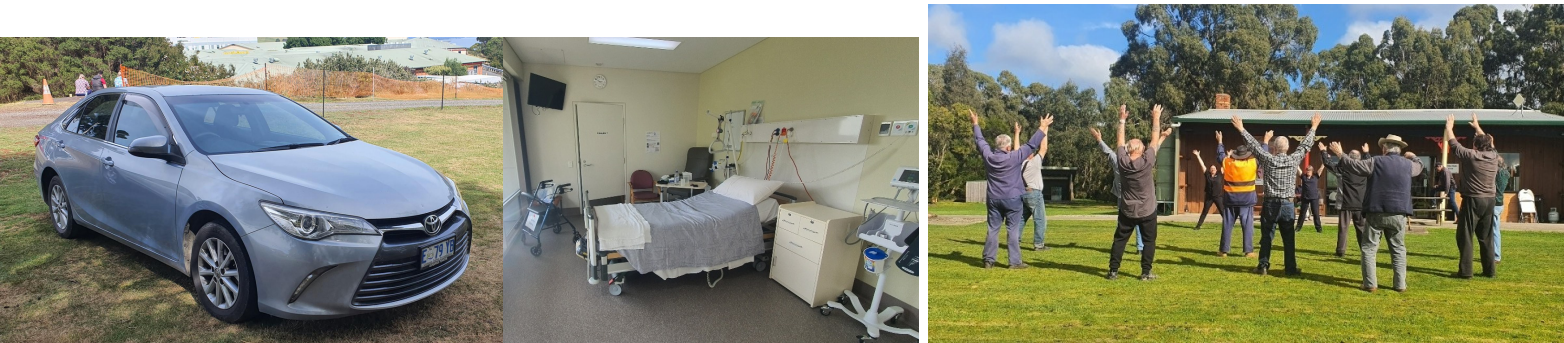


INTEGRATED TEAM CARE PROGRAM

Over the past six months, our ITC program has experienced a surge in popularity, with an increasing number of individuals seeking our services. This has made coordinators, Cheryl and Sally incredibly busy as we strive to accommodate the growing demand in the healthcare space. As we look ahead to the New Year, we are excited to introduce several new initiatives aimed at improving the well-being of our clients. These include workshops of wellbeing for the Men's Health Group, general navigating the health care system, access to transport services for medical appointments, hospital admissions, prescription collection, health checks, a mobile bone density bus for convenient screenings will be here in Feb, an exercise program tailored to individual needs, and informative sessions on pain management techniques.

We would also like to take this opportunity to extend our warmest XMAS wishes to all our clients, hoping that the holiday season brings joy, peace, and good health to each and every one of them.

- Cheryl Marshall & Sally Cochrane





ALCOHOL & OTHER DRUGS SUPPORT

The Alcohol and Other Drugs support program has seen another busy couple of months!

The coordinator helped to support 5 young people in an initiative called the Full Gear Program. This was an opportunity for the participants to complete 3 weeks of sessions leading up to going to Devonport to complete their 2-day motorbike course. The 3 sessions covered passing their knowledge test, bike care, maintenance and safety on the road, and Alcohol and Other Drug education. The Full Gear Program is a collaboration with CHAC and the Circular Head Council.

The coordinator got invited to present a session on Fasd (Fetal Alcohol syndrome disorder) to the New Directions Program.

It was a wonderful group, and we all took advantage of the beautiful weather!

The coordinator would like to wish everyone a very happy and safe Christmas and New Year.

For anyone needing support over the Christmas break here are some contacts...

RAW – 1800729827

Lifeline – 1800984434

National Alcohol and Other Drug Hotline - 1800250015

- Kristy Clarke



YOUTH PREVENTION DIVERSION PROGRAM

Youth Prevention has continued to support the Tddas4Tiddas Program this term and enjoyed spending one morning at Trawmanna learning how to make Bush Donuts.

To make the donuts the tiddas had to collect the firewood and light the fire to heat the oil.

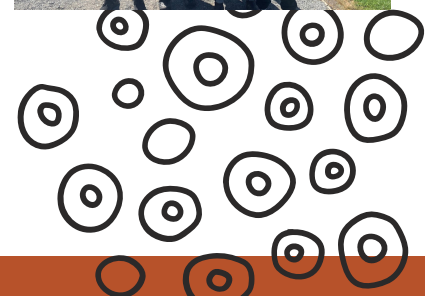
They then set to making the batter for their donuts.

The group has quickly become a key avenue for connection to culture and community for our young women.

Youth Prevention ran another round of the full gear motorbike program which is in partnership with the road advisory council, Circular head council and Circular Head Motorcycles. The program has now seen 10 young people complete the course and attend the 2 day learners course with AJL in Devonport. The most recent round of Learners were Jack Smith, Alex Laing, Kayden Willams, Shira Broom and Rheese Mills. All participants were SUCCESSFUL in obtaining their Ls motorbike license.

Our youth prevention Coordinator Dani Hanson has also recently become accredited in anger management and will be running sessions in 2024. RAGE (Re-Navigating Anger and Guilty Emotions) is an award winning six-week anger management course for adolescents aged between 11 and 17. RAGE is a strength based, solution focused program. Taking a hands-on, practical approach, it is suitable for kids, parents, teachers and carers. The key points of feedback have shown how the course has helped participants gain insight into the most misunderstood human emotion, anger.

- Dani Hanson





LOOWUNNA CHILDREN'S BREATHING STUDY



UNIVERSITY of TASMANIA

CHILDREN'S BREATHING RESEARCH STUDY

The Research Team would like to thank the Circular Head community for their involvement, support and dedication to the well-being of our children and young people.



ALL Aboriginal/ Torres Strait Islander kids aged 4-16 years old are invited to participate!

So far 121 participants have taken part in the research by having Allergy and Lung Function Tests, completing questionnaires, and monitoring air quality at home.

Call for More Participants

To continue our research, and to make a meaningful impact, we invite more participants to join the Children's Breathing Study.

Participants will receive access to the latest diagnostic tools, advice and support to manage allergies/ asthma/breathing problems. This will assist the research team to better understand how common allergy and chest/lung problems are, and what the possible causes are.

The Team will be back in Smithton from 9/1/2024 to 25/1/2024 to conduct more tests. Contact **Kori** on [0476 182 715](tel:0476182715) to schedule an appointment ASAP.

Pop in to Oakley House, 20 King St weekdays between 9am- 4:30pm from 8th -25th Jan 2024

Procedures

- Completion of a Questionnaire
- Allergy testing
- Lung function testing
- Air quality monitoring
- A small 'thank you' gift



The Research Team would like take this opportunity to wish you all a merry Christmas and a happy 2024!



Find us on





SOCIAL & EMOTIONAL WELLBEING PROGRAM

What is SEWB I hear you ask?

SEWB is an Aboriginal Mental Health Program, and our aim is to assist the Aboriginal and Torres Strait Islander people of Circular Head to improve and maintain their mental health and wellbeing. SEWB also take great pride in including other members of our wider community that may be in need of a hand up. We all need some time out every now and again to yarn, relax, create, reflect and just be ourselves. If this is something that you or someone you know might be interested in, give us a call for a yarn.

What's been happening?

The SEWB program has been busy at Trawmanna every Tuesday with Men's Health Group participants (MHG), together with the ITC program, cooking lunch, chatting, assisting with basic health checks, offering support, and information. The day is always filled with jokes, witty banter, laughter and yarning about misspent youth. Occasionally we sneak away from Trawmanna with the bus and head into the community and On Country, visiting places such as: Guide Falls, the Wonders of Wynyard and Zeehan. The MHG have also had the privilege to host a visit from the Victorian Stroke Prevention Team - Jony Berry, a proud Melukerdee man and the First Nations Coordinator for Stroke Foundation alongside Andrea Sanders the National Manager Stroke Prevention. Jony and Andrea provided the CHAC staff, community, and MHG participants with an interactive Stroke Safe discussion, shared a lot of information and resources, answered a lot of questions, and listened to the feedback from the community and men.

The Women's Health Group have been meeting on Wednesdays at Trawmanna, sharing stories, skills, and knowledge, offering peer support, making time out for selfcare and relaxation. SEWB offer the women a wide variety of strategies to assist with managing stress, ideas for diversion, referrals to other services, options for healthier lifestyles choices, culturally safe spaces and more. Having a culturally safe space at Trawmanna to share a yarn or two, with no added pressure or expectations is pretty special. SEWB participants do get adventurous from time to time and enjoy On Country time and excursions. SEWB Participants have had the opportunity to go to Wild on West, Beach Combing and Bicheno where we learnt a bit about an Aboriginal woman, Wauba Debar.

SEWB has been having some fun with Catering, Leisure & Lifestyle Carer Marion, and the community members that join her for Bingo and Katies Corner. Together we laughed our way through the Seniors Week activities followed later by the Christmas Craft workshops.

SEWB would like to welcome any new people interested in joining in activities, workshops or who need down time to give us a call at CHAC in the New Year.

•Men's Health Group will return Tuesday the 16th of Jan.

•Women's Health Group will return Wednesday 17th of Jan.

All welcome

Have a safe and happy Christmas Break.

- Kelly Burke





COMMONWEALTH HOME SUPPORT PACKAGES

CATERING, LIFESTYLE & LEISURE

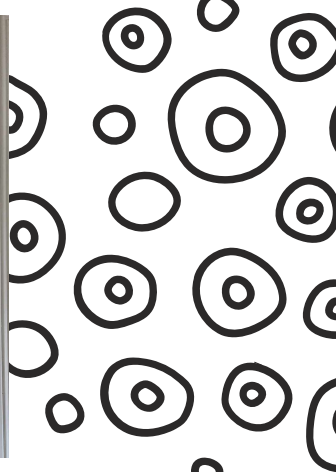
The Catering, Lifestyle & Leisure coordinator has been busy over the past 6 months with its regular programs: Friday's, Katie's Corner and Monday's Bingo; a highly anticipated part of the week for many aged care community members. Over the past 6 months, the program has serviced over 500 meals as part of Katie's Corner, and approximately 240 as part of the meal provided with Bingo. The program has also provided additional meals to families in need throughout the period. The coordinator also assists with transports, domestic assistance, personal care and social support. Transports can include medical transports through to Launceston to access the health care needed.

Social support continues to be a vital element of the program, giving clients the much needed (and often the only) social interaction. Putting a smile on client's faces in this situation is one of the most rewarding aspects of the coordinator's role.

Our leisure trips over the past 6 months has included visits to the Lobster Ponds in Flowerdale, to Marrawah for lunch for example. The coordinator hosts activity and social building events such as the terrarium workshop and Christmas crafts.

We wish all of our clients a Merry Christmas and are looking forward to sharing more laughs in the new year.

- Marion Blake.



INDIGENOUS AUSTRALIAN HEALTH OUTREACH PROGRAM

The Indigenous Australian Health Outreach Program endeavours to engage the Aboriginal and Torres Strait Islanders community in Circular Head to be active in utilising health services. The program works to help people engage with health services by assisting with transport, accessing referral pathways, and identify any barriers that may impact continued or future engagement in health.

After a busy year assisting clients with their medical needs Niki would like to extend her warm wishes to all clients and community for the Christmas holidays.

- Niki Hunter





PRISONER REHABILITATION & POST RELEASE SUPPORT PROGRAM

Prisoner Rehabilitation Post Release (PRPR) program continues to provide holistic, culturally safe support and comprehensive case management for Aboriginal and Torres Strait Islander prisoners in the lead up to their release from prison and throughout their transition to life outside. The program aims to make sure prisoners receive services or support they need for successful rehabilitation into the community. The program starts planning and coordinating while the prisoner while is still in custody and provides hands on, intensive support, from the moment of release.

The Team (which consists of Mat Walker and Cindy Schuurin) made another trip down to Risdon Prison where we did our assessment to obtain our yellow cards, which enables us to have access into the prison. On the last day of the trip, we took part in an expo for Mental Health week, which was to be held on the grounds of the Ron Barwick Minimum security complex. We distributed inmates with fresh fruit, which we were fortunate enough to have Woolworths Smithton donate half of the produce that we took down.

Mathew and Cindy would like to wish everyone a safe and merry Christmas.

See you all in the new year.

- Mat and Cindy.



STRIVE TO DRIVE - LEARNER DRIVER MENTOR PROGRAM

The Learner Driver Mentor Program would like to welcome Hannah Boatwright as the new program coordinator. In her inception into the program Hannah has been busy recruiting new mentor drivers for the program, with 3 new mentors scheduled to sign up for the New Year. Each mentor will be inducted by Garry from Driver Mentor Tas, and once Hannah has finished the appropriate training, she too hopes to be able to conduct these inductions. Hannah has also been busy coordinators meeting with many community organisations and major employers in the Circular Head area to gain support and promote awareness of the program. Moving into the New Year, Hannah aims to obtain more mentors to further increase the participants in the program, with information sessions planned for the schools and community.

- Hannah Boatwright



STRIVE 2 DRIVE
LEARNER DRIVER MENTOR PROGRAM

Needing to reach your Learner hours?

Strive 2 Drive's volunteer driving mentors will sit with you to safely log up your required 80 hours of driver training.

Contact Hannah Boatwright on
6452 1287 or
h.boatwright@chac.com.au

VOLUNTEERS NEEDED

MENTOR DRIVERS

Strive 2 Drive Learner Driver Mentor Program

TASMANIAN LEARNER DRIVERS MUST HAVE 80 HOURS OF ON-ROAD DRIVING WITH A FULLY LICENSED DRIVER, IN VARIOUS ROAD CONDITIONS TO REACH THEIR GOALS

The LDMP Strive2Drive Program, is seeking volunteer Mentors to sit with Circular Head's learner drivers, assisting learners in gaining the experience needed before applying for a Provisional Drivers.

For More Information Contact
Hannah Boatwright
6452 1287

CIRCULAR HEAD ABORIGINAL CORPORATION





HEALTH SERVICES

CHAC is excited to be introducing three new health services in 2024.

The **Exercise Treatment Program (ETP)** is a free 14-week designed to improve activity levels and the quality of life for older people living in Tasmania who have, or are at risk of chronic health conditions.

The ETP is supervised by an Accredited Exercise Physiologist and participants who have undertaken this program have showed significant improvements in the functional capacity, overall health and quality of life.

You can self-refer to the program here or call CHAC Health Services Manager Stephen Stone on 6452 1287 to enrol.

- ✓ Are you aged 60 or older, or are you an Aboriginal person aged 45 or older?
- ✓ Do you have a long-term health condition, or does your doctor say you are at risk of developing one?



Ask about the FREE Exercise Treatment Program

Individually tailored exercises



14-week program

Aims to improve activity levels and quality of life

Strength-based group exercise sessions

Individual assessments and tailored exercises

Healthy living education sessions

Supported environment – safe and non-judgmental

Want to know more?
Talk to your doctor or allied health professional.

See the referral form via the QR Code



Delivered by Healthy Business
1300 655 530 | etp@healthybusiness.net.au
www.exercisetreatmentprogram.com.au



the **BONE BUS**
is coming to:

SMITHTON
CIRCULAR HEAD RECREATION CENTRE
12th - 15th of February 2024

ARE YOU AT RISK OF A FRACTURE? FIND OUT WITH A BULK BILLED BONE DENSITY SCAN

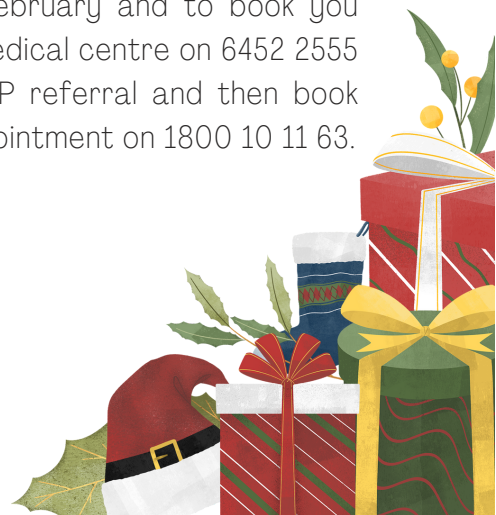
CALL 1800 10 11 63 NOW TO RESERVE YOUR APPOINTMENT TIME. ONLY AVAILABLE FOR PATIENTS OF GPs, NOT SKIN DOCTOR PATIENTS



1800 10 11 63

thebonebus.com.au

CHAC has partnered with OCHRE Medical Smithton to bring the **Bone Bus** to Circular Head. If you are at the risk osteoporosis the Bone Bus will screen your Bone Mineral Density by undertaking a safe DEXA Scan. The Bone Bus will be located at the Smithton Recreation Ground from the 12th – 15th February and to book you can call the medical centre on 6452 2555 to obtain a GP referral and then book your scan appointment on 1800 10 11 63.





HEALTH SERVICES (CONT.)

Persistent Pain Self Management Program

TASMANIAN HEALTH SERVICE

Information for health and community workers

The Persistent Pain Self-Management Program is a 6-week group program to help Tasmanians self-manage their chronic pain.

Two trained leaders deliver programs for groups of 10-15 participants.

Who can benefit from the program?

People who have a primary or secondary diagnosis of chronic pain are welcome in the program. Persistent or chronic pain is pain that has lasted longer than 3 to 6 months, or beyond the normal healing time of an injury. Partners / family members / friends / carers are welcome to participate.

What does the program cover?

The Persistent Pain Self-Management Program encourages participants to become more active self-managers. They share their experiences of learning new tools and support each other in the process.

The program covers:

- dealing with problems such as frustration, fatigue and poor sleep
- appropriate exercise for maintaining and improving strength, flexibility, and endurance
- appropriate use of medications
- communicating effectively with family, friends, and health professionals

- healthy eating
- managing difficult emotions
- relaxation techniques
- how to evaluate new treatments
- pacing activity and rest.

Participants make weekly action plans and help each other solve problems they encounter in creating and carrying out their self-management program.

Each participant is loaned a book to take home and use for the 6 weeks of the program. The book [Living a Healthy Life with Chronic Pain](#) includes a Moving Easy Program CD.

What does the research show?

This program was originally developed by researchers / clinicians at Stanford University and McGill University. It is licensed by the [Self Management Resource Center](#) USA, as the [Chronic Pain Self Management Program](#).

Two research studies found that on average, people who have taken this program have:

- more vitality,
- less pain,
- less dependence on others,
- improved mental health, and
- are more involved in everyday activities.

Evaluation found it to be beneficial for participants in terms of coping skills, education, and overall quality of life.

Research indicates that trained peers (non-professionals) with chronic pain themselves, can facilitate the program as effectively, if not more effectively, than health professionals. In Tasmania we have a mix of health workers and volunteers as leaders.

How do I refer people?

It's best if people self-refer via the contact details listed (it is a self-management program after all).

They can speak with a coordinator who can answer questions and register them for the next group or add them to a waiting list.

You can help by giving them a brochure about the program and / or the contact details.

Where are programs run?

Persistent Pain Self Management Programs are held in venues across Tasmania.

People may also be able to access a program online.

What is the length of the program?

The program runs for 2½ hours each week for six weeks with a group of about 10 - 15 people.

Is there a cost?

A gold coin contribution for refreshments is the only cost to attend.

Who is licensed in Tasmania?

In Tasmania programs are delivered by [Tasmanian Health Service](#), and [Rural Health Tasmania](#).

Contact the THS team:

North West

Michelle Towle

Email michelle.towle@ths.tas.gov.au

Phone (03) 6477 7347

North

Tina Walker

Email tina.walker@ths.tas.gov.au

Phone (03) 6777 4589

South

Corina McCarthy

Email corina.mccarthy@ths.tas.gov.au

Phone (03) 6166 1400

February 2021



Primary Health

TASMANIAN HEALTH SERVICE



Also new in 2024 for CHAC is the **Persistent Pain Self-Management Program** which is a 6-week group program to help Tasmanians self-manage their chronic pain.

The program runs for 2½ hours each week for six weeks and is for people who have a primary or secondary diagnosis of chronic pain are welcome in the program.

Persistent or chronic pain is pain that has lasted longer than 3 to 6 months or beyond the normal healing time of an injury. Partners, family members, friends and carers are welcome to participate.

CHAC is currently training two staff members to deliver the program in Circular Head and to register your interest you can contact Michelle Towle at the Tasmanian Health Service on (03) 6477 7347 or Email michelle.towle@ths.tas.gov.au





INTEGRATED FAMILY SUPPORT SERVICES

The IFSS program has been moving along well, Jess currently has 10 families she is working with and has signed up for more training for 2024. If you or anyone you know may need some supports please contact the strong families, safe kids advice and referral line on 1800 000 123 or call the CHAC office and ask for Jess.

I'd like to wish you all a merry Christmas and a happy new year.

- Jess Miles

NEW DIRECTIONS PROGRAM

The New Directions program would like to welcome Sav Au to the team. Commencing the role months ago, we are already seeing the benefits her skills have brought to the program.

Our Swimming Awareness Program was the highlight of our week for 6 weeks. Each Monday, watching all our clients grow and bond with their little one was rewarding.

Our New Parents Group delivered another fantastic 7-week program beginning in October. This provided educations for all new parents and babies, while also creating a space for new parents to form friendships.

Our Aligning Family Circles Program had a number of great guests join to the program. Thank you to Di for coming to create beautiful macrame pieces for our mums. Thank you to Lee-Anne for coming along to demonstrate kokadamas, it was messy and muddy, but the results were lovely. Thank you to Kristy who delivered a presentation on Fetal Alcohol Spectrum Disorder, a very informative and important session. The Leaf Art project was also thoroughly enjoyed by participants

We will be taking a break for the Christmas Holidays, but we cannot express our gratitude for your consistent support and we appreciate every single one of you for trusting us and this wonderful program. 2023 can along with a lot of changes to our programs, and some challenges, but watching your families grow, makes it all worth it. Thank you for your support and hope to see you all for a huge year in 2024! Have a nice Christmas everyone!

Upcoming in the New Year:

Aligning Family Circles 2024 - begins Thursday February 15

Swimming Awareness Program - begins Wednesday February 7

New Parents Group - begins Tuesday February 20

- Kristy Hyland & Sav Au





Healing Journey

Aboriginal Cancer Support Program

Let us support you, and those close to you throughout the cancer journey, from pre-diagnosis to recovery and beyond.

Healing Journey aims to support Aboriginal people walking through their cancer journey. Support is available to family members, extended family members, Elders, friends, & carers. (this includes non-Aboriginal people important to them).

SUPPORT & GUIDANCE

- Clinical & non-clinical pathways
- Support with medical appointments
- Understanding medical terminology
- Assistance with transport
- Social support
- Mental Health & Wellbeing
- Referrals

COORDINATOR: KELLY BURKE
(03) 6452 1287
k.burke@chac.com.au
10 King Street, Smithton, TAS, 7330
PO. Box 335, Smithton TAS, 7330

Healing Journey is funded through Cancer Australia's Supporting people with cancer Grant initiative. The content is solely the responsibility of the grant recipient and does not necessarily represent the official views of Cancer Australia.



Artwork Copyright © Nga Jagun 2022 By Gypsy Draven

HEALING JOURNEY

The coordinator, Kelly would like to wish all her Healing Journey clients a Merry Christmas and a safe and happy holidays.



YOUTH MENTAL HEALTH & FAMILY VIOLENCE PROGRAM

The Youth Mental Health & Family Violence program have had a very busy 6 months! This saw Tess House join the team with a core focus of Family/Domestic Violence and this was able to happen due to out-sourced funding from the Paul Ramsey Foundation. Together Kelsie and Tess went to Perth, Western Australia for the Ending Domestic & Family Violence Conference.

During the past 6 months, coordinators have been busy running numerous programs such as Love Bites senior program – a program around healthy relationships, family violence and being respectful to our partners. Tiddas for Tiddas – an aboriginal specific program for young female participants. Teaching them about local culture, resilience, empowerment, belonging and boundaries. Throughout the 16 days of activism 25th Nov – 10th Dec coordinators presented several sessions to the local senior schools around cyber safety & presented the acknowledgment to country at the final event – walk the talk. The domestic violence program facilitated a session around what family violence looks like and the 10 types of abuse with the AOD support program. The mental health program organised Speak up stay chatTY to come and present a session to the Smithton Saints Under 17 girls football team, focussing on looking after yourself and your team mates, where to go for support, reducing anxiety on game day and in everyday life situations.

Looking forward to 2024 with many exciting programs, challenges and opportunities for our local youth 😊

We would like to thank our clients for trusting in us to work alongside them through their journey and wish them a Merry Christmas and a happy & safe new year.

- Kelsie Kearnes & Tess House





Highlights of 2023

TUNNERMINNERWAIT DAY

Thank you to all those who joined us to commemorate the life of Tunnerminerwait (Pevay) on January 20.

Tunnerminerwait was a Parper-loi-hener man from Robbins Island, he along with Maulboyheenner were the first men to be publicly hanged in Melbourne in 1842. Whilst certainly significant, this is not how we want Tunnerminerwait to be remembered. He was an incredibly intelligent man who was able to adapt to the diversity he was faced with. He was resilient, patient and determined.



NEW WEBSITE

In early 2023, we released a new website. Reachable at the original domain of <https://chac.com.au> the new website aims to capture the mission and vision of CHAC through each page. Please take the time to have a look through, discover the programs and immerse yourself in CHAC culture!



CLOSING THE GAP HEALTH DAY

On March 16, the Health Centre together with all the Health department programs hosted an Open Day for Closing the Gap Day. The day was a great success with many Circular Head community members participating in a Free Health Check as well as joining in some cultural activities and browsing the information for the various program stalls that we available. Throughout the day there were 32 health checks performed and over 70 people who visited. Any participant went in our draw to win a voucher, congratulations to Colby Sharman who was our winner.





Highlights of 2023

ANZAC DAY

This year's ANZAC celebration was certainly one to remember. For the first time, we were able to deliver an Acknowledgement of Country at both the Dawn Service and Main Services in Smithton. Thank you to Camilla Woolley and Rochelle Godwin for delivering those on CHAC's behalf. This was also the first time that both the Aboriginal and Torres Strait Islander flags were flown at the Main Service Ceremony. Thank you to Ammi and Gabe who proudly carried their Flags representing their cultures and people.



YOUTH WEEK

From May 1-7, we celebrated an action-packed Youth Week program from our Youth programs across CHAC. Launching with the iconic Youth Fest on the Friday prior followed by a week with events such as: a movie afternoon, Minute2Win!t competitions, free entry to the local pool, guest speakers from JCP Youth, and afternoon at the local Motorcycle Park as well as other information sessions and events throughout the week.



RECONCILIATION WEEK

From May 27 - Jun 03 we celebrated Reconciliation Week throughout all of Tasmania. Our culture and early childhood team spent time with St Brigid's, Sacred Heart, Circular Head After School Care Service and Smithton Primary School, to deliver cultural experiences. Our Prisoner Rehabilitation and Post Release Program together with culture travelled to Hobart to deliver culture at the women's prison with participants enjoying cultural activities such as a smoking ceremony and kelp basking making, all while yarning about reconciliation and what it meant to them.





Highlights of 2023



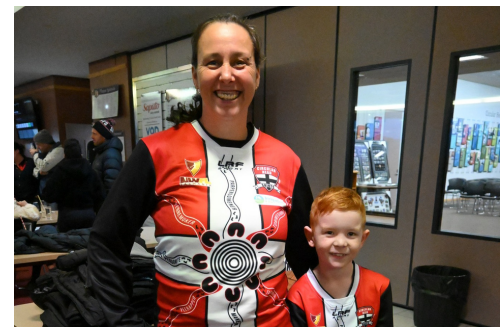
BIGGEST MORNING TEA

Congratulations to our team who hosted a Cancer Council's Biggest 'Mad Hatter's' Morning Tea on Wednesday May 24. Both our Social and Emotional Wellbeing team and Aged Care & Disability Services team worked together to make this event the success that it was. It was a very successful event with the team raising over \$500 toward the cause, thank you to all those who made a donation

NAIDOC WEEK 2023

Always a big week in our calendar and 2023 was no exception. The week began with flag raising ceremonies, both here at CHAC and at the Council Chambers. Thank you to Victoria Cotton and Camilla Woolley who delivered an acknowledgement and speech at those ceremonies. Given that this year's theme was "for our elders", we took this opportunity to take our elders out on country. This was a day out enjoyed by all, yarning and visiting places they haven't been able to in a long time.

Our annual Community Day was another recording breaking year with over 500 people in attendance, approximately 300 of those being children/youth. Thank you to the Circular Head Children's Services for entertaining us with your care for country song and your rendition of inanay. This year launched our inaugural NAIDOC awards, congratulations to all worthy recipients. The week concluded with another successful NAIDOC Football round, with the Circular Head Saints donning another great design by Camilla Woolley. Each year we look forward to continuing to strengthen the partnership.





Highlights of 2023

SENIORS WEEK

See page 2 for more detail. A week enjoyed by many with plenty of activities and excursions throughout the week.



NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY

This year's theme for National Aboriginal and Torres Strait Islander Children's Day was 'little voices, loud futures' and to celebrate we held three sessions celebrating our small people. Held at the ANZAC Park Playrooms, together the Early

Childhood Program and New Directions Program welcomed all Community to the first session, the second sessions was dedicated to our 'Gumnuts' and 'BusyBees' from the Circular Head Children's Services and the third was made of the kinder classes from the local primary schools: Forest Primary, Stanley Primary and Circular Head Christian School.



MENTAL HEALTH WEEK

See page 3 for more detail. A week of care, kindness and awareness. Well done to our mental health team.



Thank you for a great 2023





CIRCULAR HEAD ABORIGINAL CORPORATION NEWSLETTER

