

Circular Head

Aboriginal Corporation

NEWSLETTER

JAN - MAR 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



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.

BOARD MEMBERS

CHAIRPERSON: Selina Maguire

VICE CHAIRPERSON: Gypsy Draven

TREASURER: Aaron Robertson

SECRETARY: Steph Johnston

DIRECTOR: Andrea Ollington

DIRECTOR: Scott Enniss

DIRECTOR: Stuart Smith

DIRECTOR: Colin Lamont

EMBRACING
CULTURE TO
INSPIRE AND
EMPOWER
ABORIGINAL
PEOPLE.



A LETTER FROM CHAIRPERSON SELINA MAGUIRE-COLGRAVE



Firstly, I would like to congratulate the staff of CHAC on the continuing service to the Circular Head community and success in their program delivery.

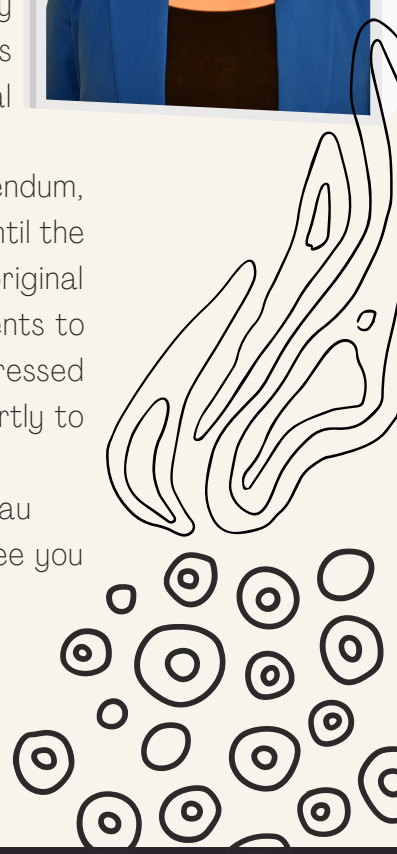
Once again, the last few months have been filled with campaigns and Government responses in regard to Aboriginal matters. We held a community meeting to get feedback on the long awaited proposal on Aboriginal Land returns. We await the response and hope that the Government takes into consideration the voices aired by this community and makes the appropriate amendments as a result. The suggestions put forward would make the whole process more fair and equitable for ALL Aboriginal people of Tasmania.

There is a lot happening in Aboriginal Affairs at the moment with the upcoming referendum, Voice to Parliament and Treaty. At this stage CHAC has taken the stance of a "No" until the issues in Tasmania have been sorted – lateral violence, overfunding of "another" Aboriginal Organisation, land access and Aboriginality. We will continue to meet with Governments to express this community's concerns in these areas, all of which needs to be addressed before we consider supporting a possible Voice. We will be sending out a survey shortly to get further views on these topics from our local community.

Any questions regarding these can be emailed directly to me at s.maguire@chac.com.au

We will continue to service our community with inclusion not exclusion and hope to see you all at our NAIDOC celebration in July

- Selina Maguire-Colgrave



WELCOME VICTORIA COTTON

Victoria has taken on the new role of Compliance & Risk Administration Manager. Born and raised in Smithton, Victoria spent time in regional WA before moving home to raise her family. She will be responsible for managing our Grant Applications and Grant Funding Obligations, her background is in Finance and Administration. Victoria will also manage our Corporate Governance, ensuring our Memberships and Rule Book are compliant with ORIC and CATSI legislations.

EXPRESSIONS OF INTEREST

Are you passionate about making a difference in the lives of Aboriginal and Torres Strait Islander peoples in the Circular Head Community and surrounds?

Do you want to help create better opportunities and services for ALL those in Circular Head?

We are seeking Expressions of Interest to join our Board of Directors.

Contact: j.farrelly@chac.com.au for more information or to submit your interest.



Save
the Date



FOR OUR ELDERS

COMMUNITY NAIDOC DAY

5 JULY 2023

Together with Brumby Hill, CHAC invite
you to Save the Date for our Community
NAIDOC celebration event at Trawmanna.

More details to follow.





What's been happening

Tunnerminerwait 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. Please view a commemorative video by scanning the following QR code.



Robbins Island Wind Farm Update

On February 16, the Circular Head Council voted five-to-one in favour of ACEN's proposal to build a wind farm with up to 122 turbines on Robbins Island. It should be noted here that the Councillors who were surely to be a vote against the windfarm were conveniently deemed a "conflict of interest" and thus not able to vote, however, those who expressed previous support for the proposal were not, and thus were able to vote, giving us the above result. Although this part of the approval process was only one step for ACEN to be able to build the windfarm, it is nonetheless incredibly disheartening to know that our council would approve such a controversial and harmful project. CHAC continue to maintain their stance that they are against the Windfarm, and whilst they support renewable energy opportunities, Robbins Islands is just not the place. The Aboriginal Heritage of Robbins Island goes well beyond anything that can written and recorded in any report. The heritage is the entirety of the place, the land, skies and seas. Robbins Island was the meeting place for the nine tribes of North-West Tasmania to come together to celebrate, to trade and to share. It was a time when marriage ceremonies would take place along with other festivities. Robbins Island's heritage isn't about avoiding a certain midden for example, it is the spirit of the place, a notion that none of the reports have been able to capture, nor likely ever will.

Community Meeting February 13

On February 13, community members gathered to discuss eminent concerns affecting the Aboriginal people in the Circular Head Community. It was a great opportunity for all to have their voices heard and come together to create a collective voice for our futures. Government Aboriginal Advisory Committee member Gypsy Draven, was able to listen and take on board these concerns to voice on their behalf as part of her role on that committee. Gypsy will continue her good work to represent the people of North-West Tasmania. The attendees also spoke on the Land Returns Consultation Paper to collectively and accurately advise Government the community sentiments to be reflective in CHAC's submission. Brumby Hill Aboriginal Corporation were also in attendance and able to speak to community regarding their employment contract. If any member would like to receive a recording of this meeting or provide any feedback on any of the above topics please get in contact with us.



CHAC LOOWUNNA

CHAC Loowunna (children) is our new "Kid's Club". This is an option for our youth to be involved until they can become Corporation members when they turn 18. The process will be the same as the Membership Application Process, but they will not be required to pay annual membership fees and will not have voting rights. Upon membership they will receive a certificate to serve as Proof of Eligibility for schools etc.

<https://www.chac.com.au/memberships>



CIRCULAR HEAD ABORIGINAL CORPORATION

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Phone (03) 64521287 Fax (03) 64521187
Email: reception@chac.com.au
Web: www.chac.com.au

COMMUNITY SURVEY

This survey will assist CHAC to be able to identify the type and scope of Programs and funding that can be obtained in order to meet the direct needs of our Community. Your assistance in identifying those matters that impact you and your family will be very much appreciated.

All information received in this survey is strictly confidential and will be used for data collection and program scheduling only. All information is collected in accordance with our Privacy Policy.

Scan the QR Code below to complete the survey on your mobile phone. The survey will take approximately 10 minutes to complete.



CHAC POORACANNABEH

Welcome to CHAC Pooracannabeh

CHAC Pooracannabeh (speak), is a blog voiced by CHAC members, staff and the Circular Head Community. It's Blog for this Community by this Community. Consider it a Letter to the Editor.

We welcome submissions by any community member. It can vary in nature from cultural pieces, to art pieces, to political opinion pieces to historical pieces and everything in between.

This is a platform where our community can speak freely, but also a platform for them to educate and share knowledge.

If you'd like to make a submission follow this link for details how.

<https://www.chac.com.au/post/welcome>





New Website

To start off 2023, CHAC launched their 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 though, discover the programs and immerse yourself in CHAC culture!

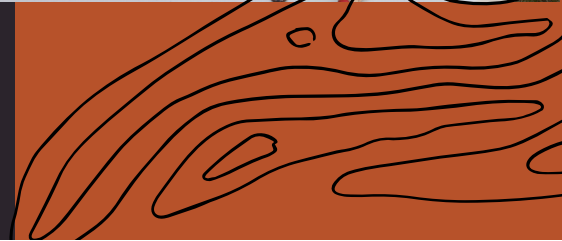
Program Video

As part of this launch, CHAC also released a short video that will give detail on the expanse of programs and services that CHAC offer. More information on each can always be found through the website. Scan the following QR code to take a look!



Smithton Library Open Day

On January 25, The Early Childhood Program, New Directions Program and Loowunna Tarla-Burra Children's Breathing Study helped to facilitate activities for the Smithton Library Open Day. It was a sun-filled day that had many community members participating in cultural activities and hands-on play. Thanks to all the team members who made this such a fun day for our community.





ON COUNTRY WITH ST PETER CHANEL

The Culture and Capability Program together with the Early Childhood Program have started off 2023 on a high continuing their on country culture program with the students from St Peter Chanel. Each grade will be taken to a different location that will provide a cultural learning opportunity for each. Following the success of the 2022 program, this is one that we hope to continue to offer in St Peter Chanel for years to come with the aim for a new kinder student to have a different experience each year through to Year 6. The younger Grades are kept closer to home visiting Trawmanna and Stanley where as the older Grades will visit locations such as, Table Cape, Sundown, West Point and Cape Grim.





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.

Participants were able to complete our CHAC survey (see page 5), to better inform our client services and programs. They learned more about CTG and what benefits it has for them, and staff were able to promote early intervention and 715 Health Checks.

Thank you for the participating services who joined us, Cancer Council Tasmania, Loowunna Tarla-Burra: Children's Breathing Study, Deadly Choices & YFCC. Thank you to the Tiddas4Tiddas group who treated the participants with some home-made relishes and jams for tasting.

Congratulations to our Health Centre team and all participating programs: Culture & Capability, Social & Emotional Wellbeing, Healing Journey, Alcohol & Other Drugs, New Directions, Indigenous Australian Health Outreach P & Integrated Team Care Programs. A shout out to Millsy who manned our BBQ for the event!

The team look forward to welcoming you to this event again next year!

Closing The Gap

HEALTH DAY

FREE EVENT

March 16th
at 20 King St,
Smithton
Oakleigh House
Drop in between
10:00am - 1:00pm
Refreshments Provided

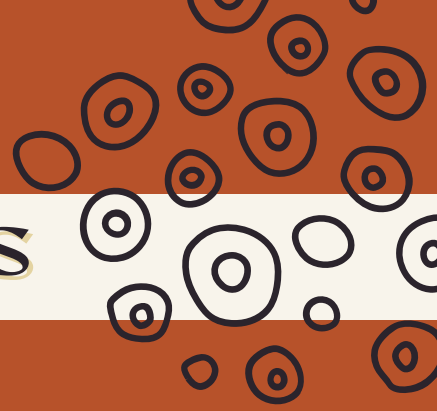
All Welcome!
For more information:
6415 4745
health@chac.com.au

Participate in a FREE Blood Pressure Check for your chance to win a prize

Information on-
715 Health Checks
PBS Co-Payment
Deadly Choices
Cancer Council Tasmania
Ear & Eye Surgical Support

Come participate in cultural activities and try some native foods





CHAC Program Updates



CHILDREN & SCHOOLING EARLY CHILDHOOD PROGRAM

The Early Childhood Program is aimed at enhancing positive early development for the children of the Circular Head Community through interactive play that develops their social, emotional and physical skills. The program offers a number of free services for parents and young children to attend, that encourages learning through play. These sessions also become a space for parents and caregivers to develop social and support networks; knowledge, skills and a capacity for parenting; and sustaining family well being.

This year we welcome Shae House back to Early Childhood Program as a coordinator. Together with ECP's new space, new year and new coordinator, we can't wait to see what this program will bring this year!

ANZAC Park Playrooms is now where you will find the ECP team. In order to meet growing popularity and need, they are now currently running two PlayGroup sessions on a Tuesday and an extended open door policy PlayGym every Friday. In the first two weeks we have seen over 126 different faces through our door. This new premises has given us the opportunity to be able to offer outdoor play as well as a warm, welcoming indoor area. Our outdoor space offers a sandpit, playground, enclosed grassed area along with raised garden beds for children to explore and learn. Our parents have had nothing but positive feedback, expressing their gratitude through social media and face to face interactions. We are noticing our children are interacting more freely in this new area, allowing them to choose where and what they play with creates an independent child who is confident to build connections with others.

Aside from relocating, ECP have also been busy working alongside Smithton Childcare Services every month delivering a cultural experience. In these sessions ECP are always greeted with the centre's own personalised 'Care for Country' song. This is a beautiful way to start our sessions and flows into their understanding of an acknowledgment to country. In our yarning circle we share stories and educate the children on new items from our culture resource box.

Earlier in the year ECP played a role in coming together with the Smithton Library for their School Holiday fun day. There were several local organisations who participated on the day, including a number of programs from CHAC, Smithton Fire Brigade, Rural Health, UTAS and Parks Tasmania. This event saw over 100 children come through the library and participate in fun activities. We had different stations set up including nature playdough tables, a hut set up for imaginary play, insect interactive play and kelp basket making. Days like this are vital in bringing our community together and showing what we have to offer here in Circular Head and how we work as one.

- Shae House & Ebony Fraser



CHILDREN & SCHOOLING

SMART, STRONG & PROUD PROGRAM

Our Smart, Strong and Proud program is aimed at young people aged between 12-18 years of age. The focus for the coordinators is to mentor and build the capacity of students who are particularly at risk of disengagement from education and improve their educational outcomes.

SSP coordinators have been taking some time to upskill and continue their learning practices with some great trainings. They recently attended a training around Trauma, Mental Health and Work and will be attending the annual Suicide Prevention Seminar held in Launceston to refresh and build on their knowledge. The Coordinators have begun running Tiddas4Tiddas again for this year with a new group of young ladies, the focus this year is Empowerment, Belonging, Resilience and Boundaries. The Tiddas helped on CHAC's recent Closing the Gap Health Day where they made some delicious Blackberry Jam and a Tomato & Pepperberry Relish to share. The coordinators organised for a resilience activity: a hike along the rocky cape walk, where they were able to discuss strategies to help overcome challenges. Some comments from the trip were: "we can do hard things" and "I am proud of myself". It was extremely uplifting for the coordinators to witness them excel in a challenge and build a connection through story telling while being on country together. For Harmony Day, the coordinators will be doing a tasting at Circular Head Christian School with some bush tucker that will provide an opportunity for students to experience one of the many cultures that makes Australia great. In conjunction with Circular Head Council and 7Up, SSP coordinators have also begun the discussions around Youth Week, so keep your eyes peeled for further details!

- Tess House & Krystle House



STRIVE TO DRIVE - LEARNER DRIVER MENTOR PROGRAM

The Learner Driver Mentor Program endeavours to engage Circular Head community members to helping them to achieve the hours needed to attain their provisional driver's licenses.

The program would like to announce the departure of coordinator, Krystle House. Krystle has brought a lot of positive changes to the program and helped many young people achieve their goals. Well done to Krystle for her great work together with Volunteering Tasmania.

The program would like to welcome Kelly Burke as a new program coordinator. She has achieved many goals and done plenty of good work across many different CHAC programs, we are certain this program will be no exception. Good luck Kelly!





YOUTH MENTAL HEALTH & FAMILY VIOLENCE PROGRAM

The Youth Mental Health & Family Violence Program coordinator provides one on one support to young people, aged 12-25 who identify as Aboriginal and Torres Strait Islander within the Circular Head community. This support includes assistance with the referral process for mental health professionals, including transports and visits to appointments.

The coordinator has been busy with many visiting specialists and programs. In late February, Speak Up & Stay ChatTY visited to host sessions for the CHAC staff, the Smithton Basketball Club and the Smithton High School Year 9 students. With over 60 participants in attendance across the 3 sessions, the ChatTY team left having made a positive and impactful difference to its listeners in regards to looking after theirs and others mental health. In early March, the coordinator collaborated with local community groups, THEIRS, Stronger Together and the Circular Head Council, to arrange for Matt Caruana to come and speak with community. Matt is a suicide attempt survivor who is now using his story in hopes to help others. He hosted a talk for the Senior School at the Circular Head Christian School as well as to the Years 9 & 10 students at Smithton High School. He also hosted a talk which was open to the Circular Head Community which had over 100 people in attendance.

The coordinator has began new sessions this year at the Smithton High School running short mindfulness sessions to selected students. Teachers select students who are doing well in class, handed in great work or homework or students just needing the 20 minutes session to re-focus. The sessions have had plenty of positive feedback from staff in regards to students returning to class more calm and focused. The coordinator continues to work with the Smart, Strong and Proud Program to deliver the Tiddas4Tiddas Program and will also join the SSP team at the Tasmanian Suicide Prevention Forum in Launceston at the end of the month.

- Kelsie Kearnes





NEW DIRECTIONS PROGRAM

The New Directions program aims to engage Aboriginal and Torres Strait Islander people and the wider community of Circular Head. We focus on parents and their children being active in supporting maternal and child health.

New Directions would like to welcome Jackie Emmett to the Program, Jackie is passionate about her work and is looking forward to bringing some more creativity into the program.

The coordinators have had a great start to the year with huge attendances both in our Water Awareness Program as well as the New Parent's Group. The coordinators have been fortunate to witness the milestones that our little ones are reaching as well as enjoying watching our new parents interact with each other forming new connections and friendships.

Watch this space for some fun-filled sessions in Aligning Family Circles which is held every 2nd Thursday.

For more information, please contact our friendly staff Kristy and Jackie on 0407929666.

- Kristy Hyland & Jackie Emmett



REMINDERS

6th April

Easter Photo shoot

27th April

Poska Pen art

4th May

Relaxation and

Pamper

18th May

Bunnings Craft day

Bookings essential

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.

- Niki Hunter

INTEGRATED FAMILY SUPPORT SERVICES

Integrated Family Support Services (IFSS) is a program that assists any parent or guardian of a child that feels there are things in their life that have a negative effect on their children, that they cannot handle alone. Support is given to the parent/guardian to strengthen their abilities to manage these situations themselves and into the future. Call Strong Families, Safe Kids on 1800 000 123 to make a referral

- Jess Miles

ABORIGINAL LIAISON OFFICER: MISSION AUS

Together CHAC and Mission Australia would like to welcome Jayden Greenfield as the new Aboriginal Liaison Officer for the North-West region. Jayden brings with her a wealth of knowledge from the NDIS and social work spaces, we know that you'll do some excellent work for those families who need it most in our area.

- Jayden Greenfield



SOCIAL & EMOTIONAL WELLBEING

The Social & Emotional Wellbeing Program (SEWB) delivers activities based on mindfulness and strategies to understand preventative measures for addressing mental health. Participants undertake on-country visits and various activities to learn strategies and create tools to take home.

The Social Emotional Wellbeing (SEWB) Women's Health Group (WHG) have been fortunate enough to venture out On Country twice this year already. Both of our trips have taken us down the far North-West Coast of Tasmania in search of river reeds and kelp.

Our first group of 5 Women set off in February to harvest reeds, however they proved to be smaller than previous years. After soaking their feet in the cool river water and talking about the cultural and contemporary uses of reeds and what could be affecting their growth, our Culture Coordinator, Camilla decided it was time to explore. The group set off to beachcomb, have a yarn and share some cultural knowledge of the areas that were visited, have a few laughs, try some native currants and Pig's Face, admire the middens, and just enjoy the time outdoors.

The second group set off in March, once again in search of river reeds and kelp. The group consisted of 8 women and were accompanied by Jack our very knowledgeable Culture Trainee. The kelp proved unattainable on the day, so Jack shifted the groups focus onto reed harvesting. Jack's knowledge of the area and his insight into Aboriginal Culture is admirable. Jack showed the ladies where and how to harvest the reeds, he educated them on, who would normally have harvested the reeds, the traditional uses, how to dry the reeds correctly and what times of the year they could be found.

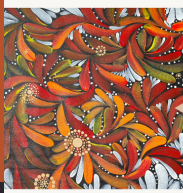
- Kelly Burke



Women's Health and Wellbeing Group

Meeting Wednesday's @ Trawmanna, 73 Mella Rd, Smithton

The Women's Health Group is a non-clinical, safe and welcoming. Meeting at Trawmanna (73 Mella rd, Smithton) every second Wednesday from 10.30am until 2.30pm (ongoing). Providing an assortment of activities and resources for you to access. The SEWB team enjoy meeting new people and welcome all women to the group. Come along for a cuppa and a chat, stay for a short time or a long time - no pressure, no commitment.



CHAC's SEWB program, workshops and activities all aim to incorporate a wide and varied range of supports based on mindfulness and art therapy style activities. The program, workshops and activities offered include cultural components, wellness strategies, diversion techniques, referrals and information. This allows for a holistic approach enabling program growth and flexibility to meet the differing participants needs in a culturally safe and appropriate manner.

Artwork Copyright © Nga Jagun 2022 By Gypsy Draven

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

CANCER AUSTRALIA - HEALING JOURNEY

Have you or someone in your family been affected by Cancer?

Healing Journey is a program that can help you on your toughest journey. Providing a culturally safe environment you will be supported along your journey to ensure you remain connected to culture, family and country. You might not necessarily need support, but just someone who will listen to your story and journey. Contact Kelly Burke for more information, all details are treated as confidential.

- Kelly Burke

Our objective is to support, improve and maintain the wellbeing of Aboriginal community members as well as their families, close friends and supports. The SEWB program is an Aboriginal specific program, however we do offer non-Aboriginal community members the chance to join us in community and family workshops, adventures and more. SEWB are aware family takes many forms, and feel that taking a holistic and socially inclusive approach to wellness will bring our participants the best possible outcomes.

For information and bookings
PH: Kelly on 6452 1287



This program is supported by funding from Primary Health Tasmania





PRISONER REHABILITATION & POST RELEASE SUPPORT PROGRAM

The Prisoner Rehabilitation Post Release Program provides Aboriginal and Torres Strait Islander people that are exiting the prison system the pathways for social and emotional wellbeing, support with employment, housing, referrals to the Aboriginal legal service, Legal Aid, mentoring and much more.

Recently, coordinators: Wak (Mat), Cindy and Dani travelled to Perth, Western Australia to attend the 16th Reintegration Puzzle Conference, held from 1st-3rd March. The Theme for the conference is "changing seasons, changing lives" with the focus on regeneration, the process of renewal, restoration, and growth.

The conference had a range of a keynote speakers and workshop style presentations covering a broad range of topics related to reintegration after prison. Topics included innovative practice, supporting First Nations people, the impact of disadvantage, supporting families and children, throughcare, the role of peers and those with lived experience, housing and homelessness, employment and addiction.

On our discussions with different people during break times Wak (Mat) met up with a guy that recognized him from his visits into the Risdon Prison. Matt Law was a former prison inmate who had just been released and was sponsored by the Reintegration Puzzle to go to the conference as a lived experienced advocate. Over the couple of days conversations started flowing and Wak listen to how Matt really wanted to turn his life around. On returning home Wak kept in contact with him and found that his new mate had been asked to present at the next conference in 2024 as well as receiving numerous job opportunities. Matt Law has now been employed as the Tasmanian branch Manager for ARCOFYRE which is a company that provides support to people who have been through or are at -risk of exposure to the criminal justice system and much more. Such an amazing outcome for someone who four months earlier found himself staring at four walls inside the Risdon prison.

- Cindy Schuurung & Mathew Walker



YOUTH PREVENTION DIVERSION PROGRAM

The Youth Justice Program provides case management, mentoring and referrals to other service providers for Indigenous Youth (aged 12 to 24) at risk of

offending or entering the criminal justice system. The program's objective is to strengthen the social and emotional wellbeing of Indigenous Youth wherever possible, by providing counselling, healing activities and/or other relevant support services. The Program supports strong, healthy and resilient individuals, families and communities, which in turn may enhance pathways to education and employment and reduce substance abuse, violence and contact with the criminal justice system.

The coordinator was also fortunate enough to join the Prisoner Rehabilitation & Post Release Support Program to Perth for the 16th Reintegration Puzzle Conference. Like the PRPR coordinators, the coordinator was able to walk away with terrific insight to the challenges our youth face around the nation when it comes to justice and prevention.

- Dani Hansen



Loowunna Tarla-burra Children's Breathing Study

Lung function & Allergy Testing

Get ready

- Relax
- Practise by blowing into a balloon

Blow!

Blow into a special machine. Just like the big bad wolf did!

Skin Testing

We'll draw some numbers and gently scratch your skin with a small pricker. It will be a bit itchy, but try not to scratch.

LOOWUNNA TARLA-BURRA CHILDREN'S BREATHING RESEARCH PROJECT

The Circular Head Aboriginal Corporation (CHAC) is facilitating a Research Study looking into the prevalence of breathing and allergy problems among Aboriginal and Torres Strait Islander children and young people.

Led by University of Tasmania Associate Professor in Paediatrics, Heinrich Weber, and Paediatric Respiratory and Allergy Nurse Practitioner, Gaylene Bassett, the study aims to find out how common chest problems and allergies are in this region, and the possible contributing factors to this. The study will involve the completion of a Health Questionnaire, lung function testing, allergy skin testing, and air quality monitoring. If you choose, we could send the results of the study to your local general practitioner.

We invite all Aboriginal children and young people aged 4-16 years to take part in this important project.

This project, once complete, and recommendations made, will contribute to two Closing the Gap outcome areas, namely:

1. Aboriginal and Torres Strait Islander people enjoy long and healthy lives.
2. Aboriginal and Torres Strait Islander children are born healthy and strong.

Lung function & Allergy Testing

What to expect

- 1 QUESTIONNAIRE**
Research staff will assist you to complete a Questionnaire, either online or paper-based.
- 2 SPIROMETRY**
This test is done by blowing into a spirometer machine to measure the amount & speed of air that can be inhaled & exhaled.
- 3 ALLERGY SKIN TESTING**
Some numbers will be written on the skin, then small prickers will be used to gently scratch it. The skin will then be monitored for 15 minutes. It will be itchy but it's important not to scratch. There will be no needles or bleeding.
- 4 AIR QUALITY MONITORING**
An air quality monitoring device will be put in your child's room overnight to measure indoor air quality.

ALCOHOL & OTHER DRUGS PROGRAM

The Alcohol and Other Drugs Support Program is designed to deliver support to individual's and their families, with services tailored to suit their needs including referrals to other services, home visits, outreach, advocacy, school and community education, transport to appointments, and culturally safe trips on country.

The AOD Program has been busy over the last few months with the coordinator holding a presentation for staff on gambling and the impact on our community. This was hosted by 'Three Sides of The Coin', a Victorian Theatre Company to create change. The coordinator is planning on bringing this event to the community soon.

Another exciting project in the making is an AOD Drop In Centre suited for ages 18 and up. This will be a place to relax, watch some tv, have something to eat and drink, art, crafts, music, and books. A safe space to ask advice, get support and referrals. So, watch this space for an opening day!

Recently the coordinator took a client on Country with the Culture Coordinator, Camilla. The knowledge and passion the client had for country was amazing! A very relaxing, empowering day that was thoroughly enjoyed by all. It's humbling to see the power connection to country can have on an individual!

- Kristy Clarke





LIFESTYLE & MIND BALANCE PROGRAM

The Lifestyle and Mind Balance Program (LAMB) aims to increase the mental capacity and health and well-being for participants throughout the community. The program is operated under 4 priorities that each work toward the aims of wellbeing: improved healthy eating, improved mental health and wellbeing, being more physically active and reduced smoking.

Participants have enjoyed activities such as: beachcombing, yoga, aqua aerobics, basketball, meditation, knitting/macrame and of course, regular on country trips. Such activities provide the participants the opportunity to enjoy social inclusion, provide a sense of purpose, and learn new skills.

LAMB has something for everyone.

The physically active program has been busy working within the Smithton High School with the Youth Mental Health & Family Violence coordinator to assist in PE classes. The reduced smoking coordinator is also working with the Alcohol & Other Drugs Coordinator to bring information sessions/workshops to school aged people around vaping.

- Sally Cochrane & Sav Au

Healthy eating & well being



Join a group, explore the vege patch, eat a nutritious meal together with friends and enjoy wellness activities, perfect for the mind, body & soul.

Mondays at 11 am

EVERYONE WELCOME
TEXT SALLY ON:
0476 652 853

STARTING:
27TH MARCH

Trawmanna

MELLA RD, SMITHTON



TRANSPORT AVAILABLE

INTEGRATED TEAM CARE PROGRAM

The Integrated Team Care Program (ITC) is designed to support individuals who identify as Aboriginal or Torres Strait Islander that have a chronic illness, to manage and understand their condition. Through ITC you have access to a registered nurse that can provide guidance and support in a team arrangement with your chosen general practitioner. ITC can arrange and coordinate appointments as well as transport and support. ITC will advocate and help you navigate the complexities of the health system.

In late February, the ITC team together with Social Emotional Wellbeing Program came together to take the Men's Health Group on country. The weather was perfect for a leisurely drive out through Roger River across the Kanunnah Bridge with a short stop of at the Sumac Lookout then onto Julius River for a BBQ. The Julius River Picnic and Camping Area along with its surroundings proved to be just what the doctor ordered for the 12 MHG participants that ventured out on the day. The updated BBQ and seating areas were a great place to sit, relax, reminisce, have a yarn, and share a meal. With the new board walk at Julius River making walking easily accessible for all abilities, the men could wander along and enjoy the most stunning and tranquil environment at their own pace. The group swapped stories, some telling of their younger days spent working, building the access roads through the area, while others remembered how difficult and long the journey out was when there were only tracks. For many of them it had been years (some over 20 years) since their last time they were in the area. There were a couple of men that had never been before. The Men's Health Group are looking forward to and are already planning the next adventure with ITC and SEWB On Country.

- Krista Mills, Cheryl Marshall & Kelly Burke





Aged Care Services

Earlier in the year, one of our carers took a small group of Aged Care clients through to the Wynyard Heritage Centre and to the Lobster Ponds at Flowerdale. The group enjoyed looking at the vintage vehicles at the Heritage Centre and spotting Lobsters at the ponds. In all, it was a fabulous day out for the group who shared many laughs, story-telling and yarns.



COMMONWEALTH HOME SUPPORT PROGRAM

The aim of CHSP is to help provide low level support service to older people aged 65 years and over (50 years and older for Aboriginal and Torres Strait Islander people) who need assistance to living independently as possible – with a focus on working with you, rather than doing for you. It is about working on your strengths, capacity and goals to help you remain living independently and safely at home. The program offers services such as social support, home maintenance, garden maintenance, transport and assistance with specialised support services.

HOME CARE PACKAGES

A Home Care Package (HCP) is a coordinated package of care and services to help you to live independently in your own home for as long as you can. Some people receive services through the Commonwealth Home Support Program and are then assessed for a home care package. Others will start with a Home Care Package. The benefit of a Home Care Package is that your home care provider will work with you to choose care and services that best meet your needs and goals and to manage your care and services

HOME & COMMUNITY CARE PROGRAM

The Tasmanian HACC Program provides funding for basic community care services that support persons who are under 65 years or Aboriginal and Torres Strait Islander people aged less than 50 years of age living with disabling conditions and their carer. Services are targeted towards people who live in the community and whose capacity for independent living is at risk, or who are at risk of premature or inappropriate admission to long term residential care.

NDIS

Every NDIS participant has an individual plan that lists their goals and the funding they have received. NDIS participants use their funding to purchase supports and services that will help them pursue their goals. The NDIS provides funding to eligible people based on their individual needs. Everyone has different goals but they could include things like getting and keeping a job, making friends or participating in a local community activity. NDIS participants control the support they receive, when they receive it, and who provides it.



CIRCULAR HEAD ABORIGINAL CORPORATION NEWSLETTER

