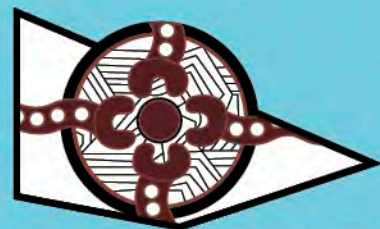


Culturally safe and empowering breast screening experiences for our strong and beautiful women



VACCHO
news

Aug-Oct 2019



Image (l-r): Willan - Gunditjmara Aboriginal Cooperative (Gunditjmara) mascot, Lisa Joyce (BreastScreen Victoria), Rachael Gladman (Gunditjmara), Susan Forrester (VACCHO), Georgie Taylor (Gunditjmara), Tanya Geier (Gunditjmara), Beverley Harrison, Janina De Silva (VACCHO), Tarni Jones, Andrea Casey (Cancer Council Victoria) - image courtesy Lisa Joyce

In October Pink BreastScreen Victoria vans have been visiting regional Aboriginal women with free beautiful handmade cultural screening shawls as part of Breast Cancer Awareness Month.

Piloted by VACCHO and Victorian Aboriginal Health Service, this initiative is a culmination of months of hard work and planning by project partners VACCHO, BreastScreen Victoria and a further seven participating ACCOs.

Women aged 50 and over can also get easy access to free breast screens because the hot pink vans, known as 'Nina' and 'Marjorie' are visiting seven Aboriginal community controlled health services across Victoria.

The first 50 women to receive a mammogram at each location receive a free cultural screening shawl to wear during the procedure, and to take home with them.

These shawls have been developed to make breast screening more

comfortable for Aboriginal women to feel respected and culturally safe, and feature a local artist's work, unique to each Community. (pgs 6-7)

All breast screens are conducted in the vans with a female radiographer, in a friendly and safe environment. Clients don't need a doctor's referral or Medicare card, and they only take 10 minutes.

Nina and Marjorie have or will visit:

- Dhauwurd-Wurrung Elderly and Community Health Service
- Winda-Mara Aboriginal Corporation
- Gunditjmara Aboriginal Cooperative
- Kirrae Health Service
- Wathaurong Aboriginal Cooperative
- Rumbalara Aboriginal Co-operative
- Ramahyuck District Aboriginal Corporation

Appointments can be made online at www.breastscreen.org.au or by calling 13 20 50.



See the beautiful artwork inspired by creating better breast screening experiences, on page 6.

If you want to help create change in the Aboriginal health system. Come work with us.

VACCHO.ORG.AU/JOBS/C/



VACCHO newsletters are
available to view online at
www.vaccho.org.au/news-media/nl

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Trevor Pearce VACCHO Acting CEO gives the Host State Address

Ochre Day Men's Conference 2019

On August the 29th and 30th 2019 it was Victoria's turn to host the Annual NACCHO Ochre Day Aboriginal Men's Health Gathering held at the Pullman on the Park in East Melbourne.

This year's conference saw great participation from all 200 delegates who embraced the three focus areas of: Aboriginal and Torres Strait Islander men being in control, innovative and influential. Problems were met with solutions, with many delegates taking home new skills and knowledge to face the challenges in improving the health of men in their communities.

VACCHO worked closely with NACCHO as the Victorian peak body for Aboriginal health by steering the direction and key themes to provide a fantastic agenda with a range of presentations showcasing the good work being done for Aboriginal and Torres Strait Islander men both in Victoria and Australia wide.

Andrew Gardiner, a Wurundjeri man and CEO of

Dandenong & District Aborigines Co-operative Welcomed the conference to Country. Robbie Bamblett from One Fire Dance Group, opened the conference with a Didgeridoo performance and a talk on the culture of Victorian Kooris.

VACCHO also provided significant input through local knowledge and connections. The Victorian Aboriginal Health Service provided two male Aboriginal Health Workers to perform initial health checks of the attendees who wanted an update on their health status.

Finally, the winner of the Jaydon Adams Memorial Award was presented to Nathan Taylor an Aboriginal man working in Victoria from Dandenong and Districts Aborigines Co-operative for excellence in his role as an Aboriginal and Torres Strait Islander Health Worker. Congratulations Nathan.

For information on future Ochre Day conferences go to www.naccho.org.au



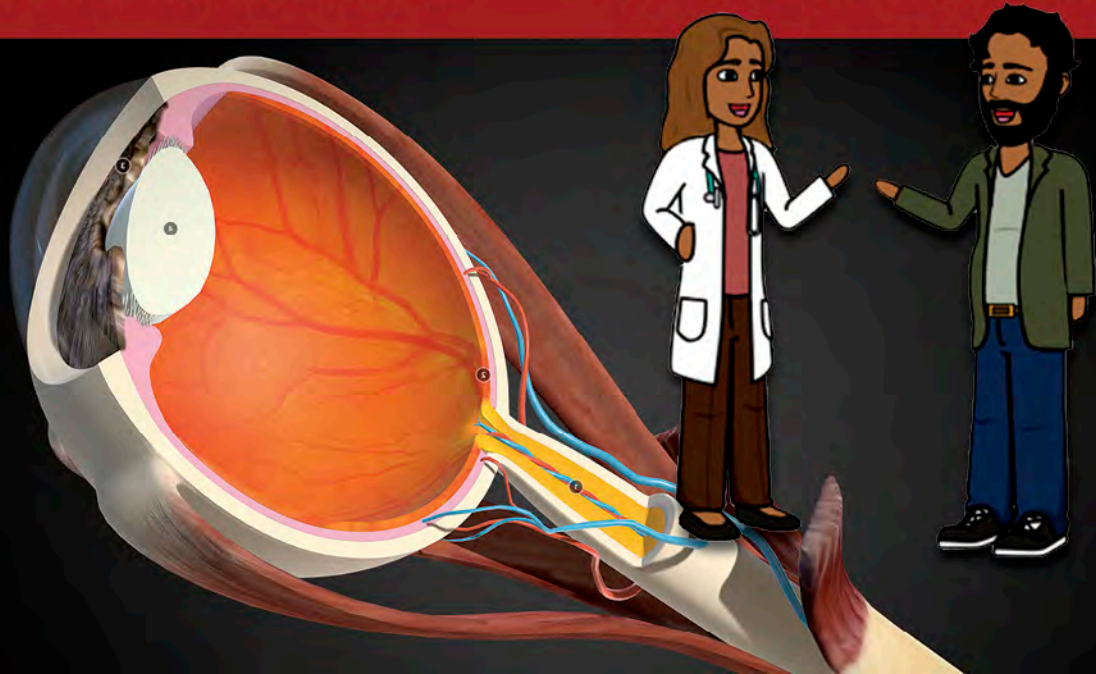
Easier access to eye health education through online learning platform, launched on World Sight Day 2019

In October VACCHO launched our Looking Deadly online learning module for health workers and students (created by the deadly Kadadjinyi) and our new quarterly Eye-Health State-wide Communique with Nicole McCartney - Chief Aboriginal Health Adviser from Victorian Department of Health and Human Services (third on right).

We also celebrated with Margaret Murray from

Mungabareena Aboriginal Corporation presenting the tireless work the amazing Dr Genevieve Napper (fourth on right) has achieved in the eye health sector for over 20 years.

If you want to know more about the our online learning module (or you think you might need an eye check...just sayin) contact us here at VACCHO on 03 9411 9411 or go to www.vaccho.org.au/wd/eh.





Standing (l-r): Ivy Clark, Mikayla Harradine, Tēneshia Harradine
 Sitting (l-r): Bernadette Erwin, Nonnie Harradine, Kimberley Harradine
 Inset: Tēneshia Harradine practicing on Nonnie Harradine

Kirrae Health Service plans for the future through education

One of the many educators at VACCHO, Bernadette Erwin, has been busy not only teaching at VACCHO but at Kirrae Health Service in Purnim.

Bernadette has been teaching Certificate III in Torres Strait Islander Health Primary Health Care (PHC) in 2018 to staff after Nonnie Harradine (Manager) identified a gap in succession planning at the Service.

When Nonnie realised some of the current health workers were looking to retire in the near future, it made sense to prepare younger Service staff to take the reins. One of the added benefits of training staff was that if a client presented at reception for example, all staff would be able to

immediately recognise the type of action required. Nonnie herself was undergoing the training, so is aware of what supports students needed while balancing work and studies. One of these supports was employing an in-house tutor (our Bernie) so staff weren't travelling huge distances to get to class.

In December 2018, Bernie taught Infection Control and from there continued to teach clinical units until completion in September this year.

At the beginning of the training some of the students were worried and anxious about the quality of their work, reluctant to submit assignments in case the answers weren't correct. As those student developed as learners they gained in experience and skill, and by the

end of the course were able to submit their work with confidence.

On the last day of training a student shared that it had been 12 years since she studied and hadn't thought she could complete the course - she's proud she persevered now.

Five staff members completed the Certificate III in Torres Strait Islander Health PHC with the sixth student taking up an employment opportunity outside the Service.

If you'd like more information on the services Kirrae offers you can contact them on www.kirraehealth.com.

Information on VACCHO courses is available at vaccho.org.au/educational.

REBECCA CLAYTON

Warlpiri

The green and blue waves at the top of the painting represent Gunditjmara Country, Land and Coast. The symbol of people on the green/blue are the Gunditjmara community women. The large symbols of women across the centre of the painting are the elders who have taken the lead in women's health, who have had their regular breast screening, papsmeares and other women's business consults. The designs on the women is a traditional Warlpiri ceremonial pattern. The design for Walpiri women is painted on the chest, breast and arms for women's business. The dotted area at the bottom and the symbols represented, represent the extended Aboriginal community of women from other places who live on Gunditjmara Country. The colours of traditional and no traditional colours indicate the individual journey that we all have and the way of identity, acceptance, acknowledgment and following the footsteps of the local leaders and role models who take the lead in better health care choices.

BRENDA FARNHAM

Walbunia, Dhungutti

The story of this art work is about women's business. Aboriginal women and their children in their clans. Then coming together and meeting in the middle for women's business with a breast screen nurse.

SHYLEE CORRIGAN

Yirandali (Queensland)

You are Strong

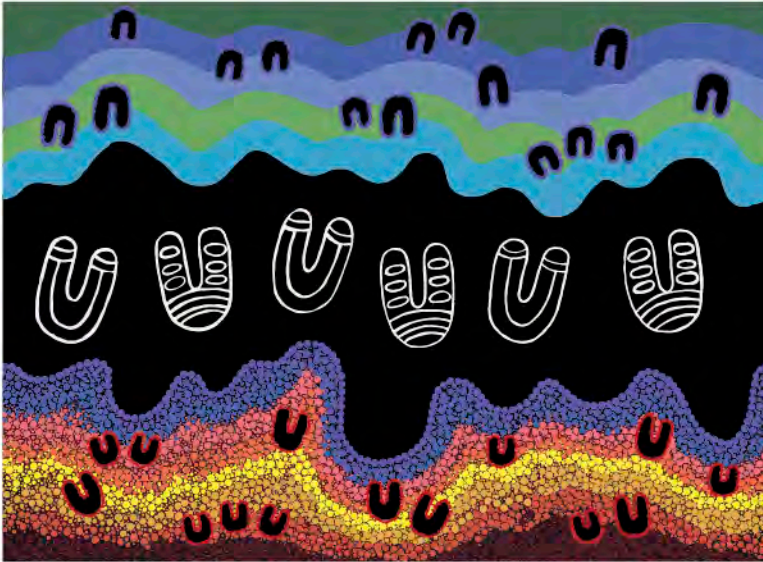
The hands represent the strength, love and hugs from all the people. The water holes and rivers represents the journeys through life, the connection between mobs and the connections to land.

The shield represents the warrior within and acts as a protection against shame when undergoing check-ups. The colours represent and acknowledge the beautiful nature and animals that we have across the lands. The dots and lines represent and acknowledge the art and the stories from all the people across the lands.

BRONWYN FERGUSON

Gunditjmara

The two hands in the far left corner represents support for each other as we journey, depicted in the footprints, through challenges leading in the hope of celebration and victory, shown in the raised hands on the far right corner. The yarning circles on each corner represent the importance of women getting together to share with and encourage each other in a safe, cultural environment. The hands are holding the heart and the dove which represents love and hope. They are surrounded by two joined circles with a line weaving around those circles to encourage women to always keep going and remain strong. The heart also incorporates the breast cancer symbol, reminding us that we do not have to go it alone if going through health care challenges.



REBECCA ATKINSON

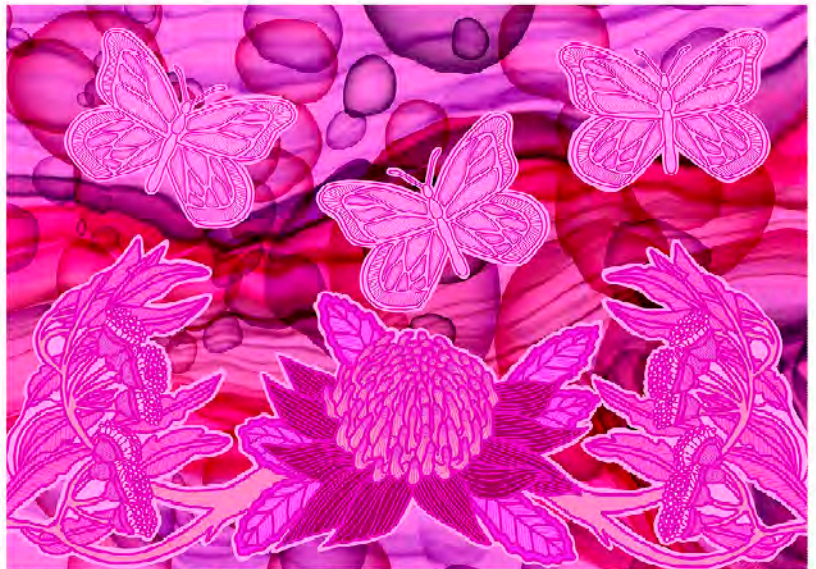
Moiradu Tribe of the Bangerang Nation and Kerrupmara of the Gunditjmarra Nation on my mother's side.

The story behind my artwork is calmness, as when you are having your breast cancer screening (mammogram) you can become nervous, overthinking and a lot of other emotions in that time which then might bring on stress or anxiety.

Flower's always bring a smile to anyone's face as they offend bring good memories which will calm you.

The butterflies are a representation of the journey we have in life and at the end of any hard times there is always a positive light at the end.

The colours used are different shades of pink to represent the colour for breast cancer.



JENNA BAMBLETT

Yigar, Gunditjmarra

The symbols here represent breast cancer survivors coming together and supporting one another. The circles represent each of the four communities in the south west: Warnanbool, Portland, Heywood and Hamilton. The ring around those big circles represents the community supporting and sharing and raising awareness about the importance of breast screening in the community. And how the community supports everyone looking after their breast health. The circles represent every breast screen that has been achieved so far in the community and the importance of breast screening for women in the Aboriginal community in the south west.



JASMINE-SKYE

Arrente

Kardeeneeyoo Toort-Barram

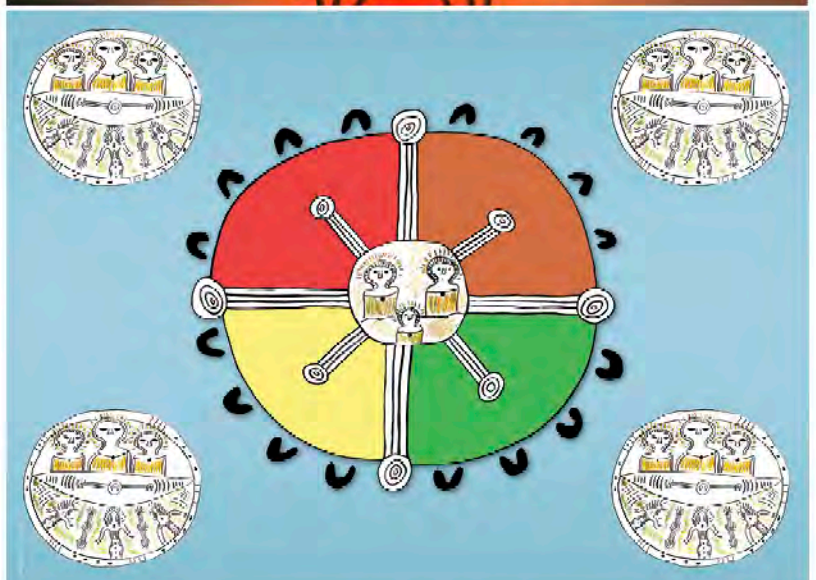
This piece is called Kardeeneeyoo Toort-Barram, in Wathaurong language this means Morning Stars. The rising sun represents a new day and the stars above are our ancestors watching over us.



MARILYN FENTON

Gunai Kurnai

This artwork represents women coming together, mother, aunty, grandmother, cousins, all coming together as one to get the breast screen done. These are two separate artworks. But it all breaks down as one. We all come together as one to worry about our health and our wellbeing to get our breast screen. [The images in the corners] is me, my mum and my grandmother. We are all strong and strong headed women. My grandmother and my mum are not here so I have to make a stand and stand up for my kids and my granddaughters.



BE GAME

NO SHAME NO BLAME

Is it time for your deadly STI check?

Just ask for it when you go for your next regular health check, or use the link below. It's that easy.

#GetTestedSTI

VACCHO.ORG.AU/WD/SH/STI

REMEMBER, THE BEST WAY TO STAY SAFE IS TO USE A CONDOM AND GET TESTED REGULARLY FOR STIs.

Bringing women together yields great rewards for families and bubs



VACCHO's Workforce and Wellbeing Unit ran the Koori Maternity Service (KMS) Women's Business Forum on Tuesday 15-17 October 2019 on beautiful Gunditjmara Country in Warrnambool.

The Koori Maternity Service program (Program) provides access to holistic and culturally appropriate care for Aboriginal women and their families during pregnancy throughout Victoria. The Program improves pregnancy journeys through:

- Increasing access to, and participation in, antenatal services and postnatal support.
- Facilitating relationships between women and birthing hospitals.

The Program also strives to improve health outcomes and specifically aims to:

- Optimise the health and wellbeing of women and their babies.

- Identify and manage maternal and fetal risk factors, particularly early in pregnancy.
- Reduce perinatal morbidity and mortality, including incidence of preterm birth and low birth weight.

Our KMS forums are a place for Maternity Services Workers to come together and share stories, and provide an opportunity to up-skill on best practices.

The Forum included presentations by:

- Dr Mishel McMahon (pictured), Indigenous Academic Enrichment Advisor and Social Work Lecturer at La Trobe University on *Aboriginal Childrearing Perspectives*.
- Aboriginal Children & Young People's Alliance on Aboriginal children and family service reform as it relates to the over-representation of Aboriginal children in care. It was very clear that the KMS forum participants wanted a stronger voice and opportunities to

contribute to the Victorian Government's child and family service system reform.

- Department of Health and Human Services provided an update on the Maternal Child and Family Health Branch and the KMS Minimum Dataset from the Maternity and Newborn Policy Unit.
- the VACCA Nugel Team on family violence and the different reporting requirements, in which the participants requested further sessions.

Local Gunditjmara artist and Curator of Cultural Engagement at Warrnambool Art Gallery Sherry Johnstone, told her story and led a workshop to create a mural of works for the Forum.

The participants ended the Forum with a beautiful cultural bus trip to Tower Hill (despite the heavy rain).

If you'd like more information on the work KMS workers do, please go to www.vaccho.org.au/wd/kms/.

Our Nutrition Team has updated our Healthy Catering Policy and Toolkit

So what's changed?

The new policy and toolkit is a shorter version of the original to make it easier for staff to order food and drinks for workplace catering.

It includes guidelines that we've sent to our preferred caterers, instructions for ordering catering, and great resources such as healthy catering ideas, understanding special dietary requirements (including bush tucker foods) and how to hold sugary-free drink events.

We've also introduced a new healthy tucker initiative; the Deadly Eatery Adventures. Each month, staff members nominate to cook a delicious and healthy meal for everyone at VACCHO (pictured), celebrating culture and diversity amongst staff. So far we've done a healthy burger day and an Indian curry day which were both huge hits.

Get in touch with the VACCHO Nutrition Team if you'd like to learn more on nutrition@vaccho.org.au, 03 9411 9411 or go to vaccho.org.au/nutrition





VACCHO Members Meeting & AGM

Tuesday 22 - Thursday 24 October 2019
Huon Hill, Wodonga

Image: VACCHO Acting CEO Trevor Pearce reports to Member services
Inset (top l-r) new VACCHO Board: Joe Day, Kelli Bartlett, Michael Bell
(bottom l-r) Karen Heap (Chair), Michael Graham, Suzie Squires & John Gorton (not pictured)

Out and about
Follow us on



VACCHO Board Members

Karen Heap: Chairperson

Kelli Bartlett

Michael Bell

Joe Day

John Gorton

Michael Graham

Suzie Squires



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STORIES | IDEAS | FEEDBACK
**Don't forget this is your
newsletter and we need your
stories and ideas.**

If you would like to give us story ideas or comment on our newsletter please call Cisco from our Communications Team on 03 9411 9411 or email him on cisocof@vaccho.org.au.

VACCHO Members

- Aboriginal Community Elders Services
- Albury Wodonga Aboriginal Health Service
- Ballarat & District Aboriginal Co-operative
- Bendigo & District Aboriginal Co-operative
- Boorndawan Willam Aboriginal Healing Service
- Bubup Wilam for Early Learning Aboriginal Child and Family Centre
- Budja Budja Aboriginal Co-operative
- Cummeragunja Housing and Development Aboriginal Corporation (Viney Morgan AMS)
- Dandenong & District Aborigines Co-operative
- Dhauwurd Wurrung Elderly and Community Health Service
- Gippsland & East Gippsland Aboriginal Co-operative
- Goolum Goolum Aboriginal Co-operative
- Gunditjmara Aboriginal Co-operative
- Healesville Indigenous Community Services Association
- Kirrae Health Service Inc.
- Lake Tyers Health and Children's Service
- Lakes Entrance Aboriginal Health Association
- Melbourne Aboriginal Youth Sport & Recreation Co-operative
- Mallee District Aboriginal Services
 - » Kerang Aboriginal Community Centre
 - » Swan Hill and District Aboriginal Co-operative
- Moogji Aboriginal Council East Gippsland Inc.
- Mungabareena Aboriginal Corporation
- Murray Valley Aboriginal Co-operative
- Ngwala Willumbong Cooperative
- Njernda Aboriginal Corporation
- Ramahyuck District Aboriginal Corporation
 - » Central Gippsland Aboriginal Health Services
- Rumbalara Aboriginal Co-operative Ltd
- Victorian Aboriginal Health Service
- Wathaurong Aboriginal Co-operative
- Winda-Mara Aboriginal Corporation
- Weenthunga Health Network Inc

Note » Auspiced

VACCHO News August - October 2019

This newsletter is printed on Impact recycled uncoated paper.